

# A Healthy 2018!

Discussion topics and dates with our Health Coach Randy Moore

Essential Oils ~ January 8th  
Top Superfoods ~ February 5th  
Keto, what is it? ~ March 5th  
Feed your Brain! ~ April 2nd  
Growing systems, which are better? ~ May 7th  
Definition of Key words on food labels ~ June 4th  
Mindful Eating ~ August 6th  
Blood Sugars ~ September 10th  
Immune System ~ October 1st  
Cholesterol – November 5th  
Lymphatic System ~ December 3rd

\*There will be no monthly discussion in July.



Healthy Living