## March 2023

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Monday Tuesday Wednesday Thursday Sunday 2 3 1 <u>Recipe</u> Burnalong Cafe (J., 12 PM EST Lunch Nutrition Education C 3 min **1**2 min 10 5 6 7 8 9 **Grocery Shopping Neck Stretches Journaling Break Recipe** Burnalong Cafe <u>Tips</u> 12 PM EST Financial, Educational Mindfulness Breakfast Yoga, Stretch Nutrition Education **1** 26 min **1** 9 min C 3 min **1**6 min **1**4 min 12 13 14 15 16 17 Meal Prep Affirmations <u>Yoga</u> **Kickboxing** Food as Fuel 12 PM EST Yoga Recipe, Tips Meditation Cardio Nutrition Education **1**0 min 4 min **S** min **C** 59 min **1** 25 min 19 20 21 22 23 24 Meal Prep **Stress Reduction** Cardio <u>Yoga</u> <u>Recipe</u> Yoga Recipe, Tips Meditation Snack Cardio, Seniors Nutrition Education **C** 5 min **C** 59 min **4** min **1**4 min **I** 9 min **I** min 26 27 28 29 30 31 Food Labels Meal Prep **Recipe** Meditation **Destress Stretch** Cardio & Core Meditation Yoga, Stretch Snack Core Nutrition Education Tips C min **(** 31 min **S** 8 min **1**0 min C 6 min **Q** 29 min 

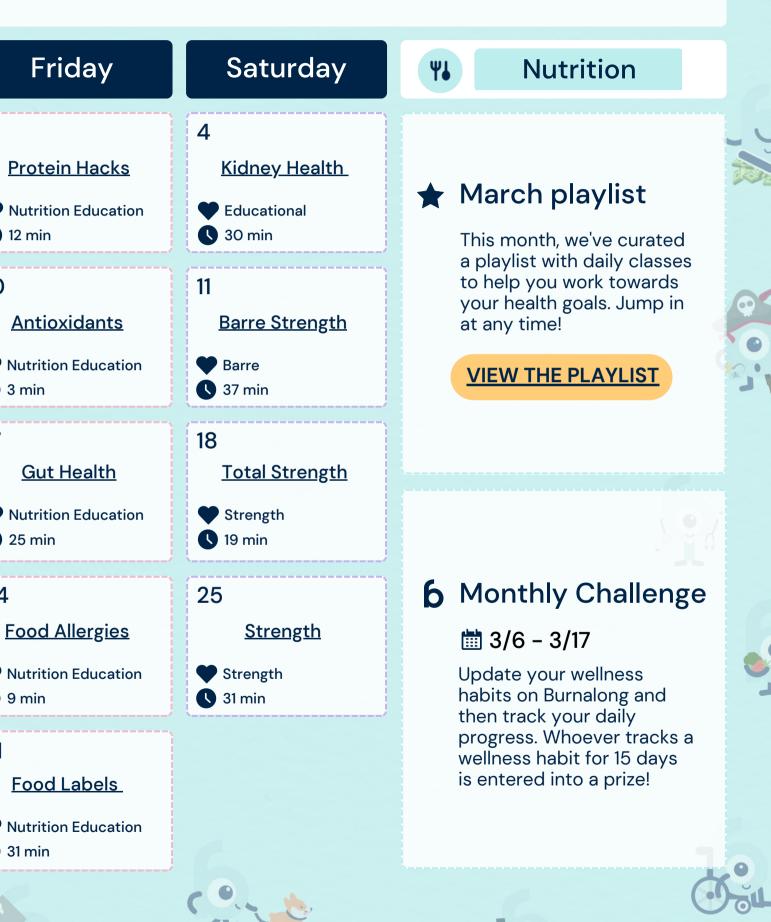
## **burnalong**

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