



**My PATH  
2019**



<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Facilitator</b>	<b>Location</b>	<b>RSVP</b>
Friday, Feb 08, 2019	09:00 to 09:45	Meal Planning	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Feb 08, 2019	09:45 to 10:30	Secrets to Success: Activity	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Mar 15, 2019	09:00 to 10:30	Aerobics Alternatives	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Mar 22, 2019	09:00 to 10:30	Aerobics Alternatives	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Apr 12, 2019	09:00 to 09:45	Healthy Eating and More Volume, Fewer Calories	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Apr 12, 2019	09:45 to 10:30	Stress Relief Through Physical Activity	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Apr 19, 2019	09:00 to 09:45	Healthy Eating and More Volume, Fewer Calories	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Apr 19, 2019	09:45 to 10:30	Stress Relief Through Physical Activity	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee



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Friday, May 10, 2019	09:00 to 10:30	Simple Strength Circuit	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, May 17, 2019	09:00 to 10:30	Simple Strength Circuit	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Jun 14, 2019	09:00 to 09:45	Healthy Eating on a Budget & On the Go	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Jun 14, 2019	09:45 to 10:30	Fitness Can Be Fun! (no matter who you are)	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Jun 21, 2019	09:00 to 10:00	Fitness Can Be Fun! (no matter who you are)	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Jul 19, 2019	09:00 to 09:45	Meal Planning	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Jul 19, 2019	09:45 to 10:30	Secrets to Success: Activity	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Jul 26, 2019	09:00 to 09:45	Meal Planning	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee



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Friday, Jul 26, 2019	09:45 to 10:30	Secrets to Success: Activity	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Aug 16, 2019	09:00 to 10:30	Aerobics Alternatives	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Aug 23, 2019	09:00 to 10:30	Aerobics Alternatives	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Sep 13, 2019	09:00 to 09:45	Healthy Eating and More Volume, Fewer Calories	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Sep 13, 2019	09:45 to 10:30	Stress Relief Through Physical Activity	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Sep 20, 2019	09:00 to 09:45	Healthy Eating and More Volume, Fewer Calories	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Sep 20, 2019	09:45 to 10:30	Stress Relief Through Physical Activity	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Oct 11, 2019	09:00 to 10:30	Simple Strength Circuit	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee

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Friday, Oct 18, 2019	09:00 to 10:30	Simple Strength Circuit	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Nov 01, 2019	09:00 to 09:45	Healthy Eating on a Budget & On the Go	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Nov 01, 2019	09:45 to 10:30	Fitness Can Be Fun! (no matter who you are)	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Nov 08, 2019	09:00 to 09:45	Healthy Eating on a Budget & On the Go	Emily Mabee	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee
Friday, Nov 08, 2019	09:45 to 10:30	Fitness Can Be Fun! (no matter who you are)	Ryan Wann	Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Emily Mabee