



**My PATH
2018/2019**



| Date | Time | Topic | Facilitator | Location | RSVP |
|----------------------|----------------|--|--------------------|--|-------------|
| Friday, Nov 16, 2018 | 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 16, 2018 | 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 16, 2018 | 10:30 to 11:15 | Insurance 101 | Deneen Culberson | Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501 | Emily Mabee |
| Friday, Dec 07, 2018 | 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, Dec 07, 2018 | 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, Jan 18, 2019 | 09:00 to 09:45 | Meal Planning | Emily Mabee | Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501 | Emily Mabee |
| Friday, Jan 18, 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, 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 |



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| 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 |
| 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 |

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| 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 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 21, 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, 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 | |