

Pay Day Friday

Non-Pay Day Friday

January

Friday, Jan 26, 2018  
10:00 to 11:00  
Meal Planning  
Alicia Michelson  
11:00 to 12:00  
Secrets to Success: Activity  
Ryan Wann  
Healthy Highways Wellness Office  
3600 Lime Street, Suite 715  
Riverside 92501

February

Friday, Feb 02, 2018  
10:00 to 11:00  
Meal Planning  
Alicia Michelson  
11:00 to 12:00  
Secrets to Success: Activity  
Ryan Wann  
Healthy Highways Wellness Office  
3600 Lime Street, Suite 715  
Riverside 92501

March

Friday, Mar 16, 2018  
09:00 to 10:30  
Fresh-Air Aerobics  
Ryan Wann  
Bonamino Park  
5000 Tequesquite Ave.  
Riverside 92506

Friday, Mar 23, 2018  
09:00 to 10:30  
Fresh-Air Aerobics  
Ryan Wann  
Bonamino Park  
5000 Tequesquite Ave.  
Riverside 92506

April

Friday, Apr 13, 2018  
08:30 to 10:30  
Healthy Grocery Store Tour  
Alicia Michelson  
Trader Joes  
6225 Riverside Plaza Dr.  
Riverside 92506

Friday, Apr 20, 2018  
08:30 to 10:30  
Healthy Grocery Store Tour  
Alicia Michelson  
Trader Joes  
6225 Riverside Plaza Dr.  
Riverside 92506



**My PATH**  
**2018**



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May	Friday, May 11, 2018 09:00 to 10:30 Simple Strength Circuit Ryan Wann Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Friday, May 18, 2018 09:00 to 10:30 Simple Strength Circuit Ryan Wann Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501
June	Friday, Jun 22, 2018 09:00 to 10:30 Healthy Eating on a Budget & On the Go Alicia Michelson Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Friday, Jun 15, 2018 09:00 to 10:30 Healthy Eating on a Budget & On the Go Alicia Michelson Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501
July	Friday, Jul 20, 2018 10:00 to 11:00 Meal Planning Alicia Michelson 11:00 to 12:00 Secrets to Success: Activity Ryan Wann Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Friday, Jul 13, 2018 10:00 to 11:00 Meal Planning Alicia Michelson 11:00 to 12:00 Secrets to Success: Activity Ryan Wann Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501
August	Friday, Aug 17, 2018 09:00 to 10:30 Fresh-Air Aerobics Ryan Wann Bonamino Park 5000 Tequesquite Ave. Riverside 92506	Friday, Aug 24, 2018 09:00 to 10:30 Fresh-Air Aerobics Ryan Wann Bonamino Park 5000 Tequesquite Ave. Riverside 92506

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September	Friday, Sep 14, 2018 08:30 to 10:30 Healthy Grocery Store Tour Alicia Michelson Trader Joes 6225 Riverside Plaza Dr. Riverside 92506	Friday, Sep 21, 2018 08:30 to 10:30 Healthy Grocery Store Tour Alicia Michelson Trader Joes 6225 Riverside Plaza Dr. Riverside 92506
October	Friday, Oct 12, 2018 09:00 to 10:30 Simple Strength Circuit Ryan Wann Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	Friday, Oct 19, 2018 09:00 to 10:30 Simple Strength Circuit Ryan Wann Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501
November		Friday, Nov 16, 2018 09:00 to 10:30 Healthy Eating on a Budget & On the Go Alicia Michelson Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501
December	Friday, Dec 07, 2018 09:00 to 10:30 Healthy Eating on a Budget & On the Go Alicia Michelson Healthy Highways Wellness Office 3600 Lime Street, Suite 715 Riverside 92501	