

VYHC #13 Schedule of Events

We've designed VYHC to fit into a busy schedule. The in-person events are great, but it's ok if you can't attend. We record all classes and add them to a huge library of video recordings which you can complete at your own pace. Furthermore, the most powerful part of the challenge is tracking your points which can be done in just minutes every day.

All VYHC Classes & Workouts are FREE for VYHC challengers and \$25 per event for non-challengers. RSVP for each event no later than the night before.

THURSDAY OCTOBER 29

DIGEST & DEFEND with Nicole Haggerty

Learn how to strengthen your gut and build total body resilience. Health tests and Q&A session.

HEALTHY MEAL INCLUDED

6:15 pm at Nature's Pantry

Text Blake 541-910-9333 to RSVP

FRIDAY OCTOBER 30

GROUP HIKE with Misty & Health Pros

All fitness levels welcome.

7 am at MERA

Text Misty 541-910-4808 to RSVP

THURSDAY NOVEMBER 5

MICROBIOME & METABOLISM with Lasa Baxter

Learn how balancing your gut can accelerate weight loss, reduce inflammation, strengthen immunity, regulate blood sugar, and support hormone function

HEALTHY MEAL INCLUDED

6:15 pm at Nature's Pantry

Text Blake 541-910-9333 to RSVP

FRIDAY NOVEMBER 6

GROUP HIKE with Misty & Health Pros

All fitness levels welcome.

7 am at MERA

Text Misty 541-910-4808 to RSVP

SUNDAY NOVEMBER 8

Group Workout & Stretch at PEAK with Nicole

All fitness levels welcome.

7 am at PEAK

Text Nicole (503) 449-9804 to RSVP

THURSDAY NOVEMBER 12

DETOXIFY for WEIGHT LOSS with Tim James

Learn how to optimize your detox pathways and how this will help you lose weight & increase energy.

HEALTHY MEAL INCLUDED

6:15 pm at Nature's Pantry

Text Blake 541-910-9333 RSVP

FRIDAY NOVEMBER 13

GROUP HIKE with Misty & Health Pros

All fitness levels welcome.

7 am at MERA

Text Misty 541-910-4808 to RSVP

SUNDAY NOVEMBER 15

Group Workout & Stretch at PEAK with Nicole

All fitness levels welcome.

7 am at PEAK

Text Nicole (503) 449-9804 to RSVP

THURSDAY NOVEMBER 19

HEALTHY GUT for LIFE w Blake Bars

Get your final questions answered and be encouraged to continue your healthy choices through the holiday season and winter months.

HEALTHY MEAL INCLUDED

6:15 pm at Nature's Pantry

Text Blake 541-910-9333 to RSVP

SATURDAY NOVEMBER 21

TURKEY TROT

8 am registration / 9 am race

at Mountain Valley Therapy

Register and pay your own entry