



First Challenge

October 5th - November 30th

Meeting Dates:

- Introduction - Monday, October 5 at 6:00 at Harper Wellness Center
 - Fire roasted sloppy joes and chocolate cupcakes
 - Krista sending email and zoom link
- Hive Walk - Monday, October 26 at PHC
- Bee Calm - Monday, November 9 at PHC
- Cooking Night - Monday, November 16 - location TBD - Prep for holiday
 - 10 minutes of overview
 - 45 minutes cooking
 - 10 minutes at the end
- Final Meeting - Monday, November 30th - 6:00 - Final Gathering

Starting Package:

- Six month membership to Eat Real America
- Two month membership to AWC and/or HWC
- Water Bottle
- Bag
- Workbook
- Access to online course
- Glucometer to borrow for the challenge