



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	Seated Massage 12 pm – 2 pm, \$15 for 15 minutes, VIP free	10	11	12	Open House 12 – 4 pm Meet the Coaches Light Refreshments Free!	14
15	Healthy Cooking Demo , Chef Cindy, 7 – 8 pm \$20, VIP is Free, RSVP	17	Seated Massage 5-7 pm, \$15 for 15 minutes, VIP free	19	20	21
22	23	24	Life Steps & Food for Thought Behavior Modification WS 7 pm, Free, RSVP	26	27	Seated Massage 9:30 am – 11:30 am, \$15 for 15 minutes, VIP free
29	Ideal Protein Weight Loss Presentation 7 pm, free, RSVP	30	31			

**** Please RSVP to all seminars and lectures, by calling the center @ 571-252-3775 or email at leesburg@7Company.com**

Visit us on the web today at www.7Company.com

*VIP members are eligible for 1 free lecture and 2 15 min seated massages per month. Cost for each additional lecture is only \$5 for VIP members.