



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	9	10	11
12	13 Ideal Protein Weight Loss Presentation 7 pm, free, RSVP	14	15 Seated Massage 5-7 pm, \$15 for 15 minutes, VIP free	16	17	18
19	20 Healthy Cooking Demo. Chef Kevin 7 – 8 pm \$20, VIP is Free, RSVP	21	22 Its All About You Behavior Modification WS 7 pm, Free for clients, RSVP	23	24	25 Seated Massage 10:00 am – 12:00 pm, \$15 for 15 minutes, VIP free
26	27	28	29	30		

**** 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.