

Session	Date	Call Time	Call Description
Coaching Session 1	Tuesday, Nov 14th	1pm EST	Kick-off coaching call with Health Coach Melissa Rapoport, MA, CFMCH
LIVE Q&A CALL WITH SUSAN BLUM, M.D.	Friday, Nov. 17th	1pm EST	Come with your questions!
Coaching Session 2	Tuesday, Nov 21st	1pm EST	Coaching call with Melissa Rapoport, MA, CFMCH
Coaching Session 3	Tuesday, Nov. 28th	1pm EST	Coaching call with Melissa Rapoport, MA, CFMCH
Coaching Session 4	Tuesday, Dec 5th	1pm EST	Coaching call with Melissa Rapoport, MA, CFMCH
Coaching Session 5	Tuesday, Dec. 12th	1pm EST	Coaching call with Melissa Rapoport, MA, CFMCH