

<u>Date</u>	<u>Topic</u>
September 5	welcome/potluck
September 12	get to know you
September 19	Keeping the Spark Alive
September 26	Acupuncture for Kids
October 3	Breakfast
October 10	Upcycle your Closet
October 17	Titus Panel
October 24	Bowl Painting
October 31	Life Mapping
November 7	Breakfast
November 14	Advent
December 5	Breakfast
December 12	Life Expressions
December 19	Potluck (nails and coloring)
January 9	Breakfast
January 16	Atomic Habits
January 23	Nutritionist
January 30	Spa Day/Make-up Application
February 6	Breakfast
February 13	Self Defense
February 20	Meal Planning
February 27	Core of the Core/Arvigo
March 5	Breakfast
March 12	Try it Before you Buy it
March 19	Ways to Pray
March 26	Child Therapist
April 2	Breakfast
April 16	Postpartum Self Care
April 30	Yoga