

Week 1 Introduction to a Healthier Lifestyle

Week 2 Myths and Truths

Week 3 How to start

Week 4 The Pleasure Trap and Food Addiction

Week 5 Where do I get my Protein?

Week 6 Bone Health

Week 7 Eat the Rainbow

Week 8 Fiber and The Brain

Week 9 Label Reading

Week 10 Food and the Environment April 25 Earth Day/Week

Week 11 Sleep

Week 12 Sun and Water

Week 13 Toxic Free Home