

SPRING

Classes begin April 17

THE WHOLE PLATE 2023 COURSE SCHEDULE

10 AM MON

Understanding Inflammation

4 PM MON

**Smoothies: Your Secret
Wellness Weapon**

2 PM TUES

Blood Sugar Balance

5 PM WEDS

Break Up with Sugar

**Hours:
Mon 10-6
Tues 12-4
Weds 10-6
Fri 12-4
Sat 10-3**

***All other available time slots
open for initial consults
and 1:1 coaching.***

*Making Healthy Habits Stick is a
12-week course that starts and ends on
set dates. Contact me for details or to
book in person or online..

jaimepalinchak@gmail.com

www.jaimephealthcoach.com

ALL CLASSES AVAILABLE VIRTUALLY
ALL SCHEDULED CLASSES HELD IN PERSON AT:
INTELLIGENT FITNESS
4553 AULTMAN AVE NW
NORTH CANTON, OH 44720

DIRECT SCHEDULING LINKS:

Making Healthy Habits Stick 12-Week Course

<https://www.vagaro.com/cl/wAojJlnLoNTF88fROyn~-1mYm1cvwvhWzQLTuWDUKw=>

Level Up Session: Understanding Inflammation

<https://www.vagaro.com/cl/CwNkoU4Yq~UKIUNoD2Y7jYByaM2LwzalqtswwCYISAs=>

Level Up Session: Smoothies: Your Secret Wellness Weapon

<https://www.vagaro.com/cl/QDt3B0lsJmMtuSgpszo7MkRcVTWx4AC9OpjfuXeNsyw=#>

Level Up Session: Break Up with Sugar

<https://www.vagaro.com/cl/iZzTP~5allhqZrClJpEBua7oTBmYLjyfNESN1a2Um3M=>

Level Up Session: Blood Sugar Balance

<https://www.vagaro.com/cl/OMZxBNBc-bxB7XM2ORVQgqPfOpuafFWneVlwDRWq3i8=>

Free Initial Consult

<https://www.vagaro.com/cl/O6~kjGYvzBOfq206WYChNPbEJ2K5GbOfjEmqZcDwl3O=>

Contact me at jaimepalinchak@gmail.com with questions or if you would like to schedule a virtual class.