



# Sparkle a New You

MAY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 6:30PM Create a Meal	5	6	7 9:45AM Create a Meal	8	9
10	11 6:30PM Celebrate Success	12	13 10:30AM Celebrate Success	14 9:45AM Celebrate Success	15	16
17	18 7PM Making Weight Loss a Priority	19 10AM Making Weight Loss a Priority	20	21	22	23 9:30AM Making Weight Loss a Priority
24	25 MEMORIAL DAY	26 7PM Summer Shape Up	27 8PM Orange Theory	28 10AM Summer Shape Up	29	30
31	JFBC 955 Johnson Ferry Rd Marietta, GA 30068	Sparkle Headquarters 55 Park Square Ct, Ste 201 Roswell, GA 30075	Orange Theory 1401 Johnson Ferry Rd Marietta, GA 30062	Greater love has no one than this: to lay down one's life for one's friends. John 15:13		

**CREATE A MEAL:** Sign up to bring in a healthy meal and 59 copies of your recipe. Let's share our ideas with others on how to make healthy meals.

**CELEBRATE SUCCESS:** It's time to celebrate our successes big and small. You are a champion!

**MAKING WEIGHT LOSS A PRIORITY:** Learning how to make yourself a priority is important. Often times, we are last on the list. Let's learn how we can keep our physical and mental wellness as a priority all the time so we can be the best versions of ourselves.

**SUMMER SHAPE UP:** Kids are getting out of school and the temperature is rising. We need to set goals for the summer. Let's continue to lose during the busy and fun summer months.

**ORANGE THEORY:** Come check out Orange Theory for circuit training. Come dressed to workout and get your SPARKLE ON! Space is limited.

