



#1 SATURDAY, JAN 25TH
GROCERY SHOPPING 101

Join Paleo Chef Caleb Summers @ Whole Foods at 91st & Metcalf for the first step towards your building your healthy kitchen. 1230 pm

#2 SATURDAY, FEB 1ST
FAT LOSS NUTRITION POTLUCK

Your fat loss depends on knowing what to eat and what to leave. Join Jason Fechter as he de-mystifies optimal nutrition. Bring a dish to share! 1230 pm

#3 SATURDAY, FEB 15TH
APRES JUMPSTART PLANNING

You've got a great start losing fat and feeling awesome but may need some strategies for keeping your habit a lifestyle. Join Tina at 1230 pm

#3 SATURDAY, MAR 8TH
REFINE & DEFINE

Join pro trainers Lisa Looy and Tina Sprinkle as they challenge everything you thought you knew about Pilates! 1230 pm

#5 SATURDAY, MAR 23RD
COOKING WITH SPICES

Join Chef Caleb Summers as he shows you how to maximize flavor and minimize time in the kitchen at the Evolve Paleo Kitchen. 500 pm Come Hungry!

#6 SATURDAY, APR 12TH
THE BEAUTY SOLUTION

Volunteer early to be one of the lucky participants to get a FREE Makeover with stylist Jennifer Niehouse and Beauty expert Joseph Hall. Either way, you win! Beauty is a matter of tips as well as taste! 1230 pm



Part of any good program is getting real and staying focused. That's why we do regular assessments. Mark Your Calendars NOW!

-  **Sat Jan 25** Baseline Assessments
10:00 am—12:00pm
BY RESERVATION
-  **Sat Feb 15** Assessment Update
10:00 am—12:00pm
BY RESERVATION
-  **Sat Mar 22** Assessment Update
10:00 am—12:00 pm
BY RESERVATION
-  **Sat Apr 12** Final Assessments
10:00 am—12:00 pm
BY RESERVATION

*** Celebrate your 21 Day Jumpstart Success!**



Join Evolve Paleo Chef Caleb Summers
Wednesday, Feb 19th at 630 pm
** additional fee required for this event*