



Online Group Coaching: NEW-November 2022

We've added even more sessions to fit your schedule. Log into www.myactivehealth.com/Mississippi and click on "Coaching" to register! Sessions will close for registration 48 hours before the first session. Sessions are 30 minutes/week for 4 weeks.

Starting Tuesday 11/8

Topic	Start Time (CST)
Surviving the Holidays	5:30 pm

Starting Thursday 11/10

Topic	Start Time (CST)
Surviving the Holidays	5:30 pm

*Session will not be held on Thanksgiving Day

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