

ZOOM TO HEALTH C'25 SCHEDULE

All sessions will be held in an alternating fashion on **TUESDAYS** from either **12:00-1:00** or **5:15-6:15** pm Eastern. The meeting link will never change—save it somewhere easily accessible!

Kick-off session: Sept. 24th at noon!

October 2024

1st Evening
8th NOON
22nd Evening

November 2024

5th NOON
19th Evening

December 2024

3rd NOON
17th Evening

January 2025

7th NOON
21st Evening

February 2025

4th NOON
18th Evening

March 2025

4th NOON
18th Evening

April 2025

1st NOON
15th Evening
29th NOON

May 2025

13th Evening
27th NOON

June 2025

10th Evening
24th NOON

July 2025

8th Evening
22nd NOON

August 2025

5th Evening
19th NOON

September 2025

2nd Evening
16th NOON – LAST CLASS

Click here to log in to your courses:
https://school.drannwellness.com/sign_in

**Breathwork Sessions will take place once a month in addition to the sessions listed here. We'll poll the class to decide which days and times are best!*

**If dates change, we'll inform you by email as far in advance as possible.*