# 2019 CALENDAR OF PERFECT HEALTH



## JANUARY

#### **Perfect Health**

2-11 (10 Day), 14-19, 21-23 (Rest & Restore), 28-February 2 Carlsbad, CA

## **FEBRUARY**

#### **Perfect Health**

11-16, 18-23, 25-March 2 Carlsbad, CA

## MARCH

#### **Perfect Health**

4-9, 11-16, 18-23 (Wisdom Within) Carlsbad, CA

### APRII.

#### Perfect Health

1-6, 8-13, 25, 17-19 (Rest & Restore), 22-May 1 (10 Day) Carlsbad, CA

## MAY

#### Perfect Health

6-11, 13-18, 27-June 1 Carlsbad, CA

# JUNE

#### **Perfect Health**

3-8, 10-15, 17-19 (Rest & Restore), 24-July 3 (10 Day) Carlsbad, CA

# JULY

#### **Perfect Health**

15-17 (Rest & Restore), 29-August 3 Carlsbad, CA

## **AUGUST**

#### **Perfect Health**

5-10, 12-17, 19-24, 26-31 Carlsbad, CA

## SEPTEMBER

#### Perfect Health

2-7, 9-11 (Rest & Restore), 16-21, 30-October 5 Carlsbad, CA

# OCTOBER

#### **Perfect Health**

14-19, 21-23 (Rest & Restore), 28-November 6 (10 Day) Carlsbad, CA

## NOVEMBER

## **Perfect Health**

11-16, 18-23 (Wisdom Within) Carlsbad, CA

# **DECEMBER**

# NOTES

