

## [CONNECT] Week 2 schedule

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From: Dr. Venus (team@doctorvenus.com)

To:

Date: Sunday, March 29, 2020, 07:12 AM PDT

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Welcome to Day 7 of the CONNECT TO HEALTH experience!

Just wanted to give you a preview of the group session schedule for the upcoming week.

- Tues. March 31, 2020. 4pm PT / 7pm ET (US & Canada) - **LIVE** workout in the [Facebook Group](#). [Sample workout] Week 2, Workout Day 5.
- Thurs. April 2, 2020. 4pm PT / 7pm ET (US & Canada) - **LIVE** workout in the [Facebook Group](#). [Sample workout] Week 2, Workout Day 6.
- Sat. April 4, 2020. 10am PT / 1pm ET 9 US & Canada) - Progressive Muscle Relaxation session, Q&A, and Group Chat. Zoom call.

Join me on the Zoom call at:

Time: April 4, 2020, 10:00 AM Pacific Time, 1:00 PM Eastern Time (US and Canada)

Join Meeting Link: <https://us04web.zoom.us/j/996429857>

Meeting ID: 996 429 857

Be sure to [get in the Facebook Group](#) and let me know how you're doing!

[NOTE: If you joined our program a little late, you can check out the previous emails and downloads on [this page](#).]

*Stay Fit! Be Happy!*

-Dr. Venus

DoctorVenus.com

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