

## Functional Endocrinology of Ohio 2013 Class Schedule\*\*

Month	Class	Date	Office
January	Detoxification	1/10/13 11:00	Akron
January	Detoxification	1/14/13 11:30	Independence
February	Basic Exercise***	2/13/13 6:00	Independence
February	Grocery Store Tour/Label Reading	2/7/13 6:00	Earth Fare— Fairlawn
February	Grocery Store Tour/Label Reading	2/20/13 6:00	Earth Fare— Fairview Park
February	Detoxification	2/27/13 6:00	Independence
March	Living Gluten Free/Soy Free	3/6/13 6:00	Independence
March	Detoxification	3/21/13 6:00	Akron
April	Dinner Recipes and Cooking	4/15/13 6:00	Independence
April	Detoxification	4/23/13 6:00	Akron
May	Detoxification	5/13/13 6:00	Independence
May	Breakfast, Vegetable and Condiment Recipes	5/14/13 6:00	Akron
May	Grocery Store Tour/Label Reading	TBA	Akron
May	Grocery Store Tour/Label Reading	TBA	Independence
June	Detoxification	6/13/13 6:00	Akron
June	Eating Out: Restaurants, Traveling and Special Events	6/19/13 6:00	Independence
July	Detoxification	7/22/13 6:00	Independence
July	Living Gluten Free/Soy Free	7/30/13 6:00	Akron
August	Detoxification	8/13/13 6:00	Akron
August	Grocery Store Tour/Label Reading	TBA	Akron
August	Grocery Store Tour/Label Reading	TBA	Independence
September	Sweeteners, Oils, Inflammatory Foods, Environmental Toxins	9/9/13 6:00	Independence
September	Detoxification	9/18/13 6:00	Independence
October	Dessert Recipes and Cooking (diabetic friendly)	10/9/13 6:00	Independence
October	Detoxification	10/17/13 6:00	Akron
October	Grocery Store Tour/Label Reading	TBA	Akron
October	Grocery Store Tour/Label Reading	TBA	Independence
November	Holiday Cooking/Recipes	11/5/13 6:00	Akron
November	Holiday Cooking/Recipes	11/6/13 6:00	Independence
November	Detoxification	11/13/13 6:00	Independence
December	Eating Out: Restaurants, Traveling and Special Events	12/3/12 6:00	Akron
December	Detoxification	12/26/13 6:00	Akron

All classes are **free** of charge to our clients. You may bring guests. Classes in yellow are for clients only. **Be sure to call or email the office to register so we can be sure that we have adequate space and supplies.**

Email Registration: [info@feohio.com](mailto:info@feohio.com). Please give the name, date and time of class(es), your name, your number, and names of guests. If you would like to pick up supplements when you come in for class, let us know that too so that we can have them ready for you.

\*\* Dates and times subject to change. Please confirm date/time prior to coming to the office.

\*\*\*Please wear comfortable clothes and shoes.

Akron Office: 2800 S. Arlington Road, Ste. 100, Akron, Ohio 44312 (330) 644-5488

Independence Office: 6200 Rockside Woods Blvd.,N., Ste. 100, Independence, Ohio 44131 (216) 236-0060