

## HQ Kitchen Schedule

### October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>October 14</b> <b>Goal Setting</b> <b>HQ1 9:00am</b>			
	\$ <b>Weekly W.I.N.</b> <b>10:00am</b>		<b>Pickleball</b> <b>9:00 am</b>	
	\$ <b>October 28</b> <b>Cook With Me!</b> <b>11:30 am</b>			
			<b>October 16</b> <b>Nutrition</b> <b>HQ3</b> <b>11:00am</b>	
	\$ <b>October 7</b> <b>Food to Flourish</b> <b>English 2:00pm</b>		\$ <b>Eating for Diabetes</b> <b>3:30-4:30p</b> <b>October 2 Part 1</b> <b>October 9 Part 2</b>	
<b>October 6</b> <b>Nutrition</b> <b>HQ3</b> <b>5:00pm</b>	\$ <b>October 14</b> <b>Food to Flourish</b> <b>Spanish 2:00pm</b>			
	\$ <b>October 21</b> <b>Relearn to Eat</b> <b>2:00pm</b>	<b>October 22</b> <b>Goal Setting</b> <b>HQ1</b> <b>6:00pm</b>		<b>October 17</b> <b>BINGO</b> <b>6:00 pm</b>
	\$ <b>Weekly W.I.N.</b> <b>5:30pm</b>			

#### Information:

- All classes are held in the HealthQuest Fitness & Wellness Center kitchen.
- Please register for classes at the front desk.
- Scan the QR Code to join HQ text club.



- Social Club
- Nutrition Classes
- HQ 1.2.3. Sessions
- \$ Fee based Program