

11 NOV 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	4 16:00 Irene Chow - Stretching and Pain Relief Exercise I - 1 (Cantonese)	5 EXPO IGNITE 2021 - Brazil & Argentina	
7 The Beginning of Winter EXPO IGNITE 2021 - Brazil & Argentina	8	9 17:00 Nutritionist Annie Training: (M)mūn™ (Cantonese)	10 11:00 Product Training (Mandarin) 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey: Home Online Workout - Yoga for Beginners (Mandarin)	11 16:00 Irene Chow - Stretching and Pain Relief Exercise I - 2 (Cantonese)	12 15:00 Irene Chow - Stretching and Pain Relief Exercise II - 2 (Cantonese)	13 「ZEN28 Chinese Community」 4 Autumn Wellness Tips to Keep You Healthy
14	15	16 19:30-21:30 Dr. Chan Health Talk: Stay Young in Later Life (Cantonese)	17 「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	18 16:00 Irene Chow - Stretching and Pain Relief Exercise I - 3 (Cantonese)	19 15:00 Irene Chow - Stretching and Pain Relief Exercise II - 3 (Cantonese)	20 「ZEN28 Chinese Community」 Eat Smart! Dietary Supplementation for Winter
21	22 Slight Snow	23 20:00 GC Jeunesse LIVE (English/Mandarin/Cantonese)	24 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey: Home Online Workout - TABATA (Mandarin)	25 Thanksgiving Day 16:00 Irene Chow - Stretching and Pain Relief Exercise I - 4 (Cantonese)	26 15:00 Irene Chow - Stretching and Pain Relief Exercise II - 4 (Cantonese)	27 「ZEN28 Chinese Community」 Tips to Fight the Flu!
28	29 16:00-17:00 [Jmembers] Social Media Quickstarter: Facebook 2 (Cantonese)	30 14:00 / 16:00 「Jmembers x Jenny's Jungle」 Floral Arrangement Workshop (Cantonese)				



JSCHOOL-HK

JSCHOOL-TW

「ZEN28 Chinese Community」

Official Jeunesse
Hong Kong & Macau
Facebook Fans Page

Official Jeunesse Taiwan
Facebook Fans Page