













# 12 DEC 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b>  11:00 Product Training (Mandarin)  「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	<b>2</b> 14:30/16:00 Irene Chow - Stretching and Pain Relief Exercise I / II - 1 (Cantonese)	<b>3</b> 16:00 Nutritionist Annie Training: LIFE NMN™ - TTT (Cantonese)	<b>4</b>  「ZEN28 Chinese Community」 Superfoods to Eat Daily for Optimal Health
<b>5</b>	<b>6</b>	<b>7</b> Heavy Snow  16:00 Nutritionist Annie Training: LIFE NMN™ (Cantonese)	<b>8</b>  「ZEN28 Chinese Community」 Product Consultant of GC Lindsey	<b>9</b> 14:30/16:00 Irene Chow - Stretching and Pain Relief Exercise I / II - 2 (Cantonese)	<b>10</b>	<b>11</b>  「ZEN28 Chinese Community」 Benefits of a Whole Foods Diet
<b>12</b>	<b>27<sup>th</sup> Online HKU</b>		<b>15</b>  「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	<b>16</b>	<b>17</b>	<b>18</b>  「ZEN28 Chinese Community」 5 SMART Eating Tips for the Holidays Season
<b>19</b>	<b>20</b>	<b>21</b> Winter Solstice	<b>22</b>  「ZEN28 Chinese Community」 Product Consultant of GC Lindsey	<b>23</b> 14:30/16:00 Irene Chow - Stretching and Pain Relief Exercise I / II - 3 (Cantonese)	<b>24</b>	<b>25</b> Christmas  「ZEN28 Chinese Community」 Merry Christmas!! ZEN BODI™ Celebrates the Festive Season with You
<b>26</b>	<b>27</b>	<b>28</b> 19:30-21:30 Dr. Chan Health Talk: Keep Your Kidneys Healthy (Cantonese)	<b>29</b>  11:00 Product Training (Mandarin)  「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	<b>30</b> 14:30/16:00 Irene Chow - Stretching and Pain Relief Exercise I / II - 4 (Cantonese)	<b>31</b>	



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「ZEN28 Chinese Community」

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