

01 JAN 2022



JSCHOOL-HK



JSCHOOL-TW



「ZEN28 Chinese Community」



Official Jeunesse
Hong Kong & Macau
Facebook Fans Page



Official Jeunesse Taiwan
Facebook Fans Page

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1 New Year's Day 「ZEN28 Chinese Community」 5 Steps to Accomplishing Your Goals in 2022
2	3	4	5 Moderate Cold 19:00 Product Training (Mandarin) 「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	6 14:30/16:00 Irene Chow - Stretching Exercise and Test I/II-1 (Cantonese)	7	8 「ZEN28 Chinese Community」 Healthy Habits to Promote Better Digestion
9	10	11	12 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey	13 14:30/16:00 Irene Chow - Stretching Exercise and Test I/II-2 (Cantonese)	14	15 「ZEN28 Chinese Community」 Build Healthy Habits in Life
16	17	18	19 11:00 Product Training (Mandarin) 「ZEN28 Chinese Community」 Product Consultant of HK Annie: Health Knowledge	20 Severe Cold 14:30/16:00 Irene Chow - Stretching Exercise and Test I/II-3 (Cantonese)	21	22 「ZEN28 Chinese Community」 Strengthening Your Immune System With Exercise
23	24	25 17:00 Nutritionist Annie Training: Break the myth - Is turmeric same as ginger? (Cantonese)	26 20:00 GC Jeunesse LIVE (English/Mandarin/Cantonese) 「ZEN28 Chinese Community」 Product Consultant of GC Lindsey	27 14:30/16:00 Irene Chow - Stretching Exercise and Test I/II-4 (Cantonese)	28 17:00 Nutritionist Annie Training: Break the myth - Is turmeric same as ginger? (Mandarin)	29 「ZEN28 Chinese Community」 Regular Exercise to Improve Chronic Inflammation
30	31	1	2	3	4	5