

# NOVEMBER/DECEMBER ONLINE MEETINGS

## Australia & New Zealand



Monday	Tuesday	Wednesday	Thursday*	Friday
November 21	22	23	24 <b>PRIME TIME OVERVIEW</b>	25
28	29	30	December 1 <b>FITNESS &amp; NUTRITION TIPS</b>	2
5	6	7	8 <b>USING FACEBOOK</b>	9
12	13	14	15 <b>PRIME TIME OVERVIEW</b>	16
19	20	21	22	23

All of our meetings will have time for open discussions. Sharing is an important part of learning, so be ready to tell your stories, which can include advice or obstacles.

**PRIME TIME OVERVIEW (1 hour)** - These meetings will provide you with high-level details and talking points about the group so you have a good understanding of the amazing community we will be building together.

**FITNESS & NUTRITION TIPS (1 hour)** - Learn tips and hints from our special guest, a fitness expert, for exercising and eating healthy in the prime of your life.

**USING FACEBOOK (1 hour)** - Find out how the START group is using Facebook to grow their Isagenix business by utilising a recent START Talk training. Brainstorm how to adapt their tips to make it work for a 50+ audience.

All meetings take place in the Prime Time Meeting Room: <https://zoom.us/j/4626865804>

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Meeting ID: 462 686 5804

\*Thursday call times: 12 p.m. AEDT

Access the online version of this calendar here: <http://bit.ly/2cOQ1cj>