

Non-Surgical Informational Sessions 2021

(Currently, the informational sessions are held via zoom. The following day we offer free tastings of our Optifast Products at the WINH office. The Optifast products are used in our Optifast program, which is a medically supervised weight loss program that incorporates bars, shakes and soups for quicker weight loss. If you attend an informational session, it is recommended to also sign up for the Optifast tasting the following day.)

DATE	DAY	TIME
January 5 th	Tuesday	8:30-9:30am
January 6 th OPTIFAST TASTING	Wednesday	3:30-4:00pm 4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
January 19 th	Tuesday	8:30-9:30pm
January 20 th OPTIFAST TASTING	Wednesday	3:30-4:00pm 4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
February 2 nd	Tuesday	3:45-4:45pm
February 3 rd OPTIFAST TASTING	Wednesday	4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
February 16 th	Tuesday	8:30-9:30am
February 17 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
March 2 nd	Wednesday	3:45-4:45pm
March 3 rd OPTIFAST TASTING	Thursday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
March 16 th	Tuesday	8:30-9:30am
March 17 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
April 6 th	Tuesday	8:30-9:30am
April 7 th OPTIFAST TASTING	Wednesday	3:30-4:00pm 4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
April 20 th	Tuesday	8:30-9:30am
April 21 st OPTIFAST TASTING	Wednesday	3:30-4:00pm 4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
May 4 th	Tuesday	3:45-4:45pm
May 5 th OPTIFAST TASTING	Wednesday	4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot

WINH/Info Session Handouts/Non-surgical Info Session/"Revised Covid Non-Surgical Info Sessions dates"

DATE	DAY	TIME
May 18 th	Tuesday	3:45-4:45pm
May 19 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
June 1 st	Tuesday	8:30-9:30am
June 2 nd OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
June 15 th	Tuesday	3:45-4:45pm
June 16 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
July 6 th	Tuesday	8:30-9:30am
July 7 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
July 20 th	Tuesday	3:45-4:45pm
July 21 st OPTIFAST TASTING	Wednesday	4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
August 3 rd	Tuesday	3:45-4:45pm
August 4 th OPTIFAST TASTING	Wednesday	4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
August 24 th	Tuesday	8:30-9:30am
August 25 th OPTIFAST TASTING	Wednesday	3:30-4:00pm 4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
September 7 th	Tuesday	8:30-9:30am
September 8 th OPTIFAST TASTING	Wednesday	3:30-4:00pm 4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
September 21 st	Tuesday	3:45-4:45pm
September 22 nd OPTIFAST TASTING	Wednesday	4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
October 5 th	Tuesday	3:45-4:45pm
October 6 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
October 19 th	Tuesday	8:30-9:30am
October 20 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
November 2 nd	Tuesday	3:45-4:45pm
November 3 rd OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am

WINH/Info Session Handouts/Non-surgical Info Session/"Revised Covid Non-Surgical Info Sessions dates"

DATE	DAY	TIME
November 16 th	Tuesday	8:30-9:30am
November 17 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot
December 7 th	Tuesday	3:45-4:45pm
December 8 th OPTIFAST TASTING	Wednesday	3:30-4:00pm 4:00-4:30pm 4:30-5:00 pm 6 person limit per time slot
December 28 th	Tuesday	8:30-9:30am
December 29 th OPTIFAST TASTING	Wednesday	8:30-9:00am 9:00-9:30am 6 person limit per time slot