JULY 2024 EVENTS

We are hosting most of our training sessions on our YLSG HIVE Facebook group, with the exception of exclusive sessions. Click on the link below to join our YLSG HIVE and state your Young Living Brand Partner ID for your join request to be approved: **YLSG HIVE**

MON	TUES	WED	THU	FRI	SAT	SUN
1 @ YLSG HIVE 11 A.M. **JULY UNBOXING** by *Audrey Li*, *YL Brand Partner*	**2** EXCLUSIVE FOR YOUNG & FIT PARTICIPANTS @ YNFWC FB PAGE 9 A.M. **FEEL POSITIVE & UPBEAT: CONSISTENCY IS THE KEY!** by *Edward Dailey*, *YL Holistic Development Director*	**3** @ YLSG HIVE 10 A.M. **FROM SEED TO SEAL: MONA FARM & DISTILLERY** by *Daniel Olsen*, *YL Mona Farm Manager*	**4** @ YLSG HIVE 10 A.M. **(REPLAY) BUILDING SOCIAL MEDIA THROUGH HONESTY, INTEGRITY AND AUTHENTICITY** by *Bryan Martin*, *YL Brand Partner*	**5**	**6** EXCLUSIVE FOR YOUNG & FIT PARTICIPANTS 10 A.M. TO 12 P.M. **SECRET SINGAPORE TRAILS: KEPPEL HILLS** by *Darren Ng*, *YLSG Staff* Register here: bit.ly/YNFWC Hike-6July	**7**
8 @ YLSG TRAINING ROOM 7 P.M. **GARY'S CAMPFIRE & RECOGNITION NIGHT** by *Faith Teo, Dana Neo, Linda Poh, Siti Zulaiha, YL Brand Partners* Register here: bit.ly/garycampfire_8jul	**9** **YOUNG & FIT BATCH 1 WEIGH-OUT** July 9, Tuesday: 11 a.m. to 7:45 p.m. July 10, Wednesday: 11 a.m. to 7:45 p.m. EXCLUSIVE FOR YOUNG & FIT PARTICIPANTS @ YNFWC FB PAGE 9 A.M. **FEEL POSITIVE & UPBEAT: GETTING THERE!** by *Edward Dailey*, *YL Holistic Development Director*	**10**	**11**	**12** **STAFF ASSEMBLY** Member Services Hotlines opens from 12 P.M. to 7 P.M. Experience Centre opens at 1 P.M. to 8 P.M. PRIORITY FOR YOUNG & FIT PARTICIPANTS @ TRAINING ROOM 7 P.M. **TABATA (DIFFICULTY: BEGINNER TO INTERMEDIATE)** by *Jakky Chan, YLSG Staff* Register here: bit.ly/YNFWCTabataWorkout	**13**	**14**
15	**16**	**17**	**18**	**19**	**20**	**21**
22	**23** EXCLUSIVE FOR YOUNG & FIT PARTICIPANTS @ TRAINING ROOM 7 P.M. **FEEL POSITIVE & UPBEAT: HORMONAL SUPPORT** by *Cynthia Teo*, *YL Brand Partner* Register here: bit.ly/YNFWC HormonalSupport	**24**	**25** @ YLSG TRAINING ROOM 10 A.M. **NUTRITION 101** by *JJ Lim, YL Product & Education Manager, Certified Nutritionist* Register here: bit.ly/Nutrition101_25JUL	**26**	**27**	**28**
29	**30**	**31**				