



## Meetings &amp; Trainings Schedule for the Month of April 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				08.00pm – 08.30pm Zoom Training (Men Health) Mr. Philip Mrefu 1	11.00am – 12.00pm Facebook Live (Katuaba Plus) Mr. Philip Mrefu 2	CHARITY DAY. 3
4	11.00am – 12.00pm (BOP) Mr. Thadeous Ssendaula / Ms. Rachael Kinyanjui  (YouTube) Skin & Beauty. Ms. Grace Wambui 5	1.00pm- 1.30pm Zoom Training (Flora Zen Pre-pro Biotic) Ms. Ann Pinky 6	11.00am – 12.00pm Facebook Live (MLM) Ms. Esther Mwangi 7	08.00pm – 08.30pm Zoom Training (Cardio Vascular Health) Mr. Philip Mrefu 8	9	08.00am – 08.30am Facebook live K2U Fitness aerobics Mr. Philip Mrefu/ Mr. Dennis Wangia 10
11	Leaders Meeting 11.00am – 12.00pm Ms. Rachael Kinyanjui / Ms. Grace Wambui 12	1.00pm- 1.30pm Zoom Training (Ladies Infections) Ms. Grace Wambui 13	14	08.00pm – 08.30pm Zoom Training (Cancer Awareness) Mr. George Kimani 15	11.00am – 12.00pm Facebook live (V-Gel) Ms. Maryam Soba 16	08.00am – 08.30am Facebook live K2U Fitness aerobics Mr. Peter Oloo / Mr. Dennis Wangia 17
18	Zoom Training 11.00am – 12.00pm (Zero to Hero) Mr. Sam Loo  YouTube (V-Gel) Ms. Maryam Soba 19	1.00pm- 1.30pm Zoom Training (HIV Infection) Ms. Lucy Muriuki / Ms. Grace Wambui 20	11.00am – 12.00pm Facebook Live (Change) Mr. Nelson Kenda 21	08.00pm – 08.30pm Zoom Training (Alfalfa Chlorophyll) Ms. Maryam Soba 22	23	08.00am – 08.30am Facebook live K2U Fitness aerobics Ms. Grace Wambui / Ms. Maryam Soba 24
25	Zoom Training 11.00am – 12.00pm (BOP) Ms. Rachael Kinyanjui / Ms. Esther Mwangi 26	1.00pm- 1.30pm Zoom Training (Fatty Liver) Mr. Moses Goh 27	11.00am – 12.00pm Facebook Live (Prospecting) Ms. Rachael Kinyanjui 28	08.00pm – 08.30pm Zoom Training (Detoxification) Prof. Leonida Mwenesi 29	11.00am – 12.00pm Facebook live (Sleep & Your Health) Mr. Philip Mrefu 30	