

Class Schedule

Wednesdays @ 5:30 p.m.

Conference Rooms A, B & C

(dates/time subject to change)

Session 1: Welcome to A Healthier You
January 10th

Session 2: Be a Fat and Calorie Detective
January 17th

Session 3: Move Those Muscles
January 24th

Session 4: Healthy Eating With More Volume, Fewer Calories
January 31st

Session 5: Problem Solving
February 7th

NO CLASS FEBRUARY 14th

Session 6: Tipping the Calorie Balance & Planning Healthy Meals
February 21st

Session 7: Holiday, Party, and Vacation Planning
February 28th

Session 8: Take Charge of What's Around You and Overcoming Social Cues
March 7th

Session 9: Mindful Eating & Four Keys to Healthy Eating Out
March 14th

Session 10: Stress & Time Management
March 21st

Session 11: Strengthening your Exercise Program
March 28th

Session 12: Ways to Stay Motivated for the Long Term
April 4th