Program for Reducing Obesity (PRO) class schedule

PRO Virtual Nutrition classes

01/08; 01/09; 01/11 - Zoom Virtual Session One
   Introduction
   The Weight Loss Challenge

No Monday Class 1/15; 01/16; 01/18 - Zoom Virtual Session Two
   Which Meal Plan is Best?
   Setting Health Goals That Work

01/22; 01/23; 01/25 - Zoom Virtual Session Three
   Exploring the Mediterranean and DASH Diets
   Eating In Response to Hunger

01/29; 01/30, 02/01 - Zoom Virtual Session Four
   Being Active

02/05; 02/06, 02/08 - Zoom Virtual Session Five
   A Balanced Meal Plan
   Healthy Eating Behaviors

02/12; 02/13; 02/15 - Zoom Virtual Session Six
   Portion Control
   Healthy Eating Challenges

No Monday Class 02/19; 02/20; 02/22 - Zoom Virtual Session Seven
   Healthy Meal Planning
   Emotional Eating

02/26; 02/27; 02/29 - Zoom Virtual Session Eight
   Dining Out
   Coping During the Pandemic

03/04; 03/05; 03/07 - Zoom Virtual Session Nine
   Cooking Healthy Meals
   Creating Positive Self Talk
03/11; 03/12; 03/14- Zoom Virtual Session Ten
  Food Shopping, Food Delivery Services
  Anti-Inflammatory Foods
  Eating Without Distraction

**No Monday 11am 03/18; 03/19; 03/21- Zoom Virtual Session Eleven**
  Getting The Most Out Of Your Exercise Program

03/25; 03/26; 03/28- Zoom Virtual Session Twelve
  Moving Forward