

Master Schedule

Program for Reducing Obesity (PRO) class schedule

PRO Virtual Nutrition classes

07/08; 07/09; 07/10; 07/11- Zoom Virtual Session One

Introduction

The Weight Loss Challenge

07/15; 07/16; 07/17; 07/18 - Zoom Virtual Session Two

Which Meal Plan is Best?

Setting Health Goals That Work

No Monday 07/22/24 at 11:00am & 5:15pm; 07/22; 07/23; 07/24; 07/25

- Zoom Virtual Session Three

Exploring the Mediterranean and DASH Diets

Eating In Response to Hunger

07/29; 07/30; 07/31; 08/01- Zoom Virtual Session Four

Being Active

No Monday 08/05/24 at 3pm; 08/05; 08/06; 08/07; 08/08- Zoom

Virtual Session Five

A Balanced Meal Plan

Healthy Eating Behaviors

No Tuesday 08/13/24 at 3:00pm class 08/12; 08/13; 08/14; 08/15

- Zoom Virtual Session Six

Portion Control

Healthy Eating Challenges

No Monday 08/19/24 Class at 11:00am 08/19; 08/20; 08/21; 08/22

- Zoom Virtual Session Seven

Healthy Meal Planning

Emotional Eating

08/26; 08/27; 08/28; 08/29 - Zoom Virtual Session Eight

Dining Out

Coping During Stressful times

All Monday 09/02/24 classes canceled due to Holiday

09/03;09/04;09/05- Zoom Virtual Session Nine

Cooking Healthy Meals
Creating Positive Self Talk

09/09; 09/10; 09/11; 09/12 - Zoom Virtual Session Ten

Food Shopping, Food Delivery Services
Anti-Inflammatory Foods
Eating Without Distraction

09/16; 09/17;09/18; 09/19 - Zoom Virtual Session Eleven

Getting The Most Out Of Your Exercise Program

09/23;09/24;09/25;09/26- Zoom Virtual Session Twelve

Moving Forward