

Program for Reducing Obesity (PRO) class schedule

PRO Virtual Nutrition classes

04/03; 04/04; 04/13 (No 5:15 Class) - Zoom Virtual Session One

Introduction

The Weight Loss Challenge

04/17; 04/18; 04/20 - Zoom Virtual Session Two

Which Meal Plan is Best?

Setting Health Goals That Work

04/24; 04/25; 04/27 - Zoom Virtual Session Three

Exploring the Mediterranean and DASH Diets

Eating In Response to Hunger

05/01; 05/02; 05/04 - Zoom Virtual Session Four

Being Active

05/08; 05/09; 05/11 - Zoom Virtual Session Five

A Balanced Meal Plan

Healthy Eating Behaviors

05/15; No Tuesday Class 05/16; 05/18- Zoom Virtual Session Six

Portion Control

Healthy Eating Challenges

05/22; 05/23; 05/25 - Zoom Virtual Session Seven

Healthy Meal Planning

Emotional Eating

No Monday Class 05/29; 05/30; 06/01 - Zoom Virtual Session Eight

Dining Out

Coping During the Pandemic

06/05; 06/06; 06/08 - Zoom Virtual Session Nine

Cooking Healthy Meals

Creating Positive Self Talk

06/12; 06/13; 06/15 - Zoom Virtual Session Ten

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

No Monday Class 06/19; 06/20; 06/22 - Zoom Virtual Session Eleven

Getting The Most Out Of Your Exercise Program

06/26; 06/27; 06/29 - Zoom Virtual Session Twelve

Moving Forward