

**Master Schedule****Program for Reducing Obesity (PRO) Phase II class schedule****PRO Mindfulness-Based Eating Skills Groups****January 2025-March 2025**

- Monday: 3 pm (Virtual)
- Wednesday: 1 pm (Virtual)
- Thursday: 10:30 am (In-person at Thousand Oaks)
- Thursday: 5:15 pm (Virtual)

**1/06; 1/08; 1/09 - Session One**

Exploring What Needs to Change, Identifying Your Strengths and Values

**1/13; 1/15; 1/16 - Session Two**

Mindfulness Skills – Skillful Observing and Pros & Cons

**No Class Monday, 1/20 due to Holiday****1/22; 1/23 - Session Three**

Mindfulness Skills – Wise Mind, Observing Your Breath and Taste Satiety

**1/27; 1/29; 1/30 - Session Four**

Improving Meal Planning, Mindfulness of Current Emotion

**2/03; 2/05; 2/06 - Session Five**

Meal Planning Follow Up, Mindfulness HOW Skills – Adopting a Nonjudgmental Stance, One Mindfully and Mindful Eating Introduction

**2/10, 2/12; 2/13 - Session Six**

Mindful Eating Practice, Triggers to Eating and Taking Contrary Action

**No Class Monday, 2/17 due to Holiday****2/19; 2/20 - Session Seven**

Fullness Awareness and Prioritizing Veggies and Protein to Promote Satiety

**2/24; 2/26; 2/27 - Session Eight**

Skills Review, Reducing Vulnerability and Cope Ahead Planning

**3/03; 3/05; 3/06 - Session Nine**

Developing Hunger Awareness, Flexible Dieting and Dialectical Thinking

**3/10; 3/12, 3/13 - Session Ten**

Examining Protein to Manage Cravings and Fun Food Brainstorm

**3/17; 3/19; 3/20 - Session Eleven**

Managing Cravings using Urge Surfing and Delaying/Distracting

**No Class Thursday, 3/27 at 5:15 pm**

**3/24; 3/26; 3/27 at 10:30 am - Session Twelve**

Progress Review and Next Steps