**Master Schedule**

**Program for Reducing Obesity (PRO) Phase II class schedule**

**PRO Mindfulness-Based Eating Skills Groups**

***March 2025-June 2025***

***Virtual Groups via Zoom***

* **Monday: 3 pm**
* **Tuesday: 11 am and 1 pm**
* **Wednesday: 2:30 pm**
* **Thursday: 5:15 pm**

**3/31 (Mon); 4/01(Tues); 4/02 (Wed); 4/03 (Thurs)**

**Session One** - Exploring What Needs to Change and Working Through Your Limiting Beliefs

**4/07 (Mon); 4/08 (Tues); 4/09 (Wed); 4/10 (Thurs)**

**Session Two** - Connecting with Your Strengths and Values to Promote Change and Mindfulness-Based Skills Overview

**4/14 (Mon); 4/15 (Tues); 4/16 (Wed); 4/17 (Thurs)**

**Session** **Three -** Exploring and Addressing Barriers to Change

**No Class Tuesday, 4/22 at 1 pm**

**4/21 (Mon); 4/22 (Tues at 11 am); 4/23 (Wed); 4/24 (Thurs)**

**Session Four** - Exploring the Consequences of Your Problematic Eating

**4/28 (Mon); 4/29 (Tues); 4/30 (Wed); 5/1 (Thurs)**

**Session Five** - Increasing Mindfulness of What’s Prompting You to Eat with Journaling

**5/05 (Mon); 5/06 (Tues); 5/07 (Wed); 5/08 (Thurs)**

**Session Six** - Seeing Your Emotions in a New Light

**5/12 (Mon); 5/13 (Tues); 5/14 (Wed); 5/15 (Thurs)**

**Session Seven** - Preventing Emotional/Binge Eating with Mindful Eating and Wise Mind

**5/19 (Mon); 5/20 (Tues); 5/21 (Wed); 5/22 (Thurs)**

**Session Eight** - Mindfully Managing Urges to Eat

**No Class Monday, 5/26 Due to Holiday**

**5/27 (Tues); 5/28 (Wed); 5/29 (Thurs)**

**Session Nine**- How to Stop Breaking Your Diet

**6/02 (Mon); 6/03 (Tues); 6/04 (Wed); 6/05 (Thurs)**

**Session Ten** - Exploring Other Ways to Cope and Cope Ahead Planning

**6/09 (Mon); 6/10 (Tues); 6/11 (Wed); 6/12 (Thurs)**

**Session Eleven** - Gaining Greater Control of Your Cravings

**No Class Thursday, 6/19 Due to Holiday**

**6/16 (Mon); 6/17 (Tues); 6/18 (Wed)**

**Session Twelve -** Progress Review and Next Steps