

Program for Reducing Obesity (PRO) Maintenance Group

If you've embraced PRO's proven framework and are ready to keep your momentum going, we invite you to join our Monthly Maintenance Group Sessions — your next step toward lasting change.

These sessions offer a supportive, educational space where you can:

- **Reflect on your wins and challenges**
- **Stay accountable to your goals**
- **Learn from others' experiences**
- **Engage in thoughtful discussions (sharing is always optional!)**

Whether you're continuing your journey or just need a monthly boost of motivation, these sessions are designed to help you stay focused, dedicated, and inspired — all at your own pace.

Month 1 – The Challenges of Maintaining New Behaviors

Explore why sustaining healthy habits can be difficult over time. This session focuses on identifying common obstacles and developing strategies to stay consistent with behavior changes.

Month 2 – Emotional Eating: What Are Your Triggers?

Learn to recognize emotional eating patterns and uncover personal triggers. This session encourages reflection and offers tools to manage emotions without turning to food.

Month 3 – Physical Activity: Staying Fit Throughout Your Life

Discover ways to keep movement a lifelong habit. Whether you're just starting or adjusting to new limitations, this session helps you find sustainable ways to stay active.

Month 4 – Meal Planning Approaches: Which Is Best For You?

Compare different meal planning styles—from structured plans to intuitive eating—and find what works best for your lifestyle, preferences, and goals.

Month 5 – Dining Out, Cravings, and Pain-Related Eating

A three-part session addressing:

- **Dining Out:** Tips for making balanced choices while enjoying meals out.
- **Food Cravings:** Understand the science behind cravings and how to manage them.
- **Chronic Pain & Disordered Eating:** Explore how pain can influence eating behaviors and learn supportive strategies.

Month 6 – Eating at Home: Planning, Shopping, Cooking, and Recipe Swap

Focus on practical skills for home-based eating. Learn how to plan meals, shop efficiently, cook with confidence, and share recipes that support your health journey.