

Master Schedule

Program for Reducing Obesity (PRO) Phase I Class Schedule

PRO Behavior and Nutrition Groups

July 2025-September 2025

Virtual Groups via Zoom

- **Monday: 11 am**
- **Tuesday: 1 pm, 3 pm, 5 pm**
- **Wednesday: 10 am**
- **Thursday: 3 pm**
- **Friday: 12 pm, 2:00 pm**

If your class is cancelled, you can send an email to Angelica Garcia and request another available session for the week, so you can maintain consistency.

7/07 (Mon); 7/08 (Tues); 07/09 (Wed); 07/10 (Thurs); 07/11 (Fri)

Session 1 - Tools for Lasting Change – We'll explore mindset shifts that shape your success, what foods to prioritize for better results and how self-monitoring can help you overcome common challenges with weight loss.

07/14 (Mon); 07/15 (Tues); 07/17 (Thurs); 07/18 (Fri)

NO Class Wednesday, 07/16 at 10 am

Session 2 – Planning for Success – What's the best meal plan? The one that works for you and includes enough protein to preserve muscle and support weight loss. In this session, we'll explore why and how to achieve optimal protein and guide you through how to create personalized health goals that keep you moving forward.

07/22 (Tues); 07/23 (Wed); 07/24 (Thurs); 07/25 (Fri)

NO Class Monday, 07/21 at 11 am

Session 3 – Eating Patterns that Matter – In this session, we'll explore how the Mediterranean, DASH and MIND dietary patterns emphasize foods that support weight loss. You'll also learn why hunger awareness matters and how to begin to develop this important skill.

07/29 (Tues); 07/30 (Wed); 07/31 (Thurs); 08/01 (Fri)

NO Class Monday, 07/28

Session 4 - Ready to Move - In this session, we'll tap into what motivates you to move, explore the challenges that make it difficult to get started or stay active, hear real success stories as well as brainstorm realistic workarounds to the most common physical activity barriers.

08/04 (Mon); 08/05 (Tues); 08/06 (Wed); 08/07 (Thurs); 08/08 (Fri)

Session 5 - Balanced Eating, Real Change - In this session, we'll break down what makes a "balanced meal" by exploring the roles of protein, fiber, healthy fats, and carbohydrates. You'll learn which high-fiber carbohydrates to include and review a day in the life of a healthy weight manager to help you identify one change you feel ready to make.

08/11 (Mon); 08/12 (Tues at 3 pm + 5 pm); 08/13 (Wed); 08/14 (Thurs); 08/15 (Fri)

NO Class Tuesday, 8/12 at 1 pm

Session 6 - Overcoming Eating Challenges – Everyone faces challenges when it comes to eating. We'll explore some of the most common eating obstacles and discuss practical solutions that can help. We'll review portion control strategies, reflect on your current habits, and identify one change – big or small- that you feel ready to make.

08/18 (Mon); 08/19 (Tues); 08/20 (Wed); 08/21 (Thurs); 08/22 (Fri)

Session 7 – Making Meal Planning Work for You – In this session, we'll explore how to strengthen your meal planning habit by first identifying your personal benefits and barriers. We'll discuss simple strategies and resources to support your efforts, review where to find meal inspiration and introduce tools to help shift away from emotional eating patterns.

08/25 (Mon); 08/26 (Tues); 08/27 (Wed); 08/28 (Thurs); 08/29 (Fri)

Session 8 – Dining Out Without Derailing - In this session, we'll learn from one another how to stay on track with health goals when dining out or ordering takeout. We'll review practical strategies and explore how to navigate certain restaurant establishments.

09/02 (Tues); 09/03 (Wed); 09/04 (Thurs); 09/05 (Fri)

No Class Monday, 09/01 Due to Labor Day Holiday

Session 9 – Meal & Snack Prep and Mindset Shifts – In this session, we'll explore simple plant-based snacks and make-ahead meal ideas that save time. We'll also learn how to recognize and reframe negative thoughts that can potentially derail our efforts – if we let them.

09/08 (Mon); 09/09 (Tues); 09/10 (Wed); 09/11 (Thurs); 09/12 (Fri)

Session 10 – Anti-Inflammatory Eating – In this session, we'll discover which foods to include or limit to support your health, review mindful eating best practices, and look at meal delivery options designed to help those who find planning and shopping for quality foods challenging.

09/16 (Tues); 09/17 (Wed); 09/18 (Thurs); 09/19 (Fri)

No Class Monday, 09/15

Session 11 – Examining Your Physical Activity Journey – In this session, we'll reflect on the positive changes you've made with physical activity since starting the program. We'll revisit current challenges and explore strategies to potentially overcome them, along with reviewing next step program options.

09/22 (Mon); 09/23 (Tues); 09/24 (Wed); 09/25 (Thurs); 09/26 (Fri)

Session 12 – Progress Review and Next Steps – In this session, we'll reflect on your progress in the PRO program and explore meaningful ways to prevent relapse, including what to consider when your weight plateaus. We'll wrap up by reviewing your program options and next steps moving forward.

Topics subject to change based on the needs of the group and per the discretion of the facilitator or physician.