**Master Schedule**

**Program for Reducing Obesity (PRO) Phase I Class schedule**

**PRO Behavior and Nutrition Groups**

***March 2025-June 2025***

***Virtual Groups via Zoom***

* **Monday: 11 am**
* **Tuesday: 3 pm**
* **Wednesday: 10 am, 1 pm**
* **Thursday: 3 pm**
* **Friday: 12 pm, 2:20 pm**

***In-Person Group - 100 Moody Court, Suite 200, Thousand Oaks, 91360***

* **Thursday: 10:30 am**

**3/31 (Mon); 4/01 (Tues); 4/02 (Wed); 4/03 (Thurs); 4/04 (Fri)**

**Session One** – Introduction, The Weight Loss Challenge

 **4/07 (Mon); 4/08 (Tues); 4/09 (Wed); 4/10 (Thurs); 4/11 (Fri)**

**Session Two -** Which Meal Plan is Best? Setting Health Goals That Work

**NO Class Wednesday, 4/16 at 10 am and Friday, 4/18 at 2:20 pm**

**4/14 (Mon); 4/15 (Tues); 4/16 (Wed at 1 pm); 4/17 (Thurs); 4/18 (Fri at**

**12 pm)**

**Session Three -** Exploring the Mediterranean and DASH Diets**,** Eating in Response to Hunger

**NO Class Tuesday, 4/22**

**4/21 (Mon); 4/23 (Wed); 4/24 (Thurs); 4/25 (Fri)**

**Session Four -** Being Active

**4/28 (Mon); 4/29 (Tues); 4/30 (Wed); 5/1 (Thurs); 5/2 (Fri)**

**Session Five** - A Balanced Meal Plan, Healthy Eating Behaviors

**5/05 (Mon); 5/06 (Tues); 5/07 (Wed); 5/08 (Thurs); 5/09 (Fri)**

**Session Six** - Portion Control, Healthy Eating Challenges

**NO In-Person Class Thursday, 5/15 at 10:30 am**

**5/12 (Mon); 5/13 (Tues); 5/14 (Wed); 5/15 (Thurs at 3 pm); 5/16 (Fri)**

**Session Seven** - Healthy Meal Planning, Emotional Eating

**5/19 (Mon); 5/20 (Tues); 5/21 (Wed); 5/22 (Thurs); 5/23 (Fri)**

**Session Eight** - Dining Out, Coping During Stressful Times

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

**5/27 (Tues); 5/28 (Wed); 5/29 (Thurs); 5/30 (Fri)**

**Session Nine -** Cooking Healthy Meals, Creating Positive Self Talk

**6/02 (Mon); 6/03 (Tues); 6/04 (Wed); 6/05 (Thurs); 6/06 (Fri)**

**Session Ten -** Food Delivery Services**,** Anti-Inflammatory Foodsand Eating Without Distraction

**6/09 (Mon); 6/10 (Tues); 6/11 (Wed); 6/12 (Thurs); 6/13 (Fri)**

**Session Eleven -** Getting the Most Out of Your Exercise Program

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

**6/16 (Mon); 6/17 (Tues); 6/18 (Wed); 6/20 (Fri)**

**Session Twelve** - Moving Forward