

**Master Schedule**

**Program for Reducing Obesity (PRO) Phase II Class Schedule**

**PRO Mindfulness-Based Eating Skills Groups**

**July 2025-September 2025**

***Virtual Groups via Zoom***

- Monday: 3 pm
- Tuesday: 11 am
- Wednesday: 1 pm, 4 pm
- Thursday: 5:15 pm

***In Person Group***

- Thursday: 10:30 am in Thousand Oaks (100 Moody Ct, Suite 200)

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.

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

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

**07/15 (Tues); 07/16 (Wed); 07/17 (Thurs)**

**No Class Monday, 07/14**

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

**07/21 (Mon); 07/22 (Tues); 07/23 (Wed); 07/24 (Thurs)**

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

**07/28 (Mon); 07/29 (Tues); 07/30 (Wed); 07/31 (Thurs)**

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

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

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

**08/11 (Mon); 08/12 (Tues); 08/14 (Thurs)**

**No Class Wednesday, 08/13 at 1 pm and 4 pm**

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

**08/18 (Mon); 08/19 (Tues); 08/20 (Wed at 1 pm); 5/15 (Thurs)**

**No Class Wednesday, 08/20 at 4 pm**

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

**08/26 (Tues); 08/27 (Wed); 08/28 (Thurs)**

**No Class Monday, 08/25**

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

**09/02 (Tues); 09/03 (Wed); 09/04 (Thurs)**

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

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

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

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

**09/15 (Mon); 09/16 (Tues); 09/17 (Wed); 09/18 (Thurs)**

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

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

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

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