

Master Schedule

Program for Reducing Obesity (PRO) Phase I Class schedule

PRO Virtual Behavior and Nutrition Groups

January 2025-March 2025

- Monday: 11 am
- Tuesday: 11 am, 1 pm and 3 pm
- Wednesday: 10 am
- Thursday: 3 pm
- Friday: 2:30 pm

1/06 (Mon); 1/07 (Tues); 1/08 (Wed); 1/09 (Thurs); 1/10 (Fri)

Zoom Virtual Session One

Introduction

The Weight Loss Challenge

1/13 (Mon); 1/14 (Tues); 1/15 (Wed); 1/16 (Thurs); 1/17 (Fri)

Zoom Virtual Session Two

Which Meal Plan is Best?

Setting Health Goals That Work

No Class Monday, 1/20 due to Holiday

1/21(Tues); 1/22 (Wed); 1/23 (Thurs); 1/24 (Fri)

Zoom Virtual Session Three

Exploring the Mediterranean and DASH Diets

Eating In Response to Hunger

1/27 (Mon); 1/28 (Tues); 1/29 (Wed); 1/30 (Thurs); 1/31 (Fri)

Zoom Virtual Session Four

Being Active

2/03 (Mon); 2/04 (Tues); 2/05 (Wed); 2/06 (Thurs); 2/07 (Fri)

Zoom Virtual Session Five

A Balanced Meal Plan

Healthy Eating Behaviors

2/10 (Mon); 2/11 (Tues); 2/12 (Wed); 2/13 (Thurs); 2/14 (Fri)

Zoom Virtual Session Six

Portion Control

Healthy Eating Challenges

No Class Monday, 2/17 due to Holiday

2/18 (Tues); 2/19 (Wed); 2/20 (Thurs); 2/21 (Fri)

Zoom Virtual Session Seven

Healthy Meal Planning

Emotional Eating

2/24 (Mon); 2/25 (Tues); 2/26 (Wed); 2/27 (Thurs); 2/28 (Fri)

Zoom Virtual Session Eight

Dining Out

Coping During Stressful times

3/03 (Mon); 3/04 (Tues); 3/05 (Wed); 3/06 (Thurs); 3/07 (Fri)

Zoom Virtual Session Nine

Cooking Healthy Meals

Creating Positive Self Talk

3/10 (Mon); 3/11 (Tues); 3/12 (Wed); 3/13 (Thurs); 3/14 (Fri)

Zoom Virtual Session Ten

Food Shopping, Food Delivery Services

Anti-Inflammatory Foods

Eating Without Distraction

3/17 (Mon); 3/18 (Tues); 3/19 (Wed); 3/20 (Thurs); 3/21 (Fri)

Zoom Virtual Session Eleven

Getting The Most Out of Your Exercise Program

No Class Thursday, 3/27

3/24 (Mon); 3/25 (Tues); 3/26 (Wed); 3/28 (Fri)

Zoom Virtual Session Twelve

Moving Forward