

# March 2019- Class and Group Schedule

| MONDAY                                   | TUESDAY | WEDNESDAY                      | THURSDAY  | FRIDAY                            | SATURDAY   |
|--|---------|--------------------------------|---|-----------------------------------|--|
| 5:30 pm Thinking Styles & Behavior<br>25 | 26      | 5 pm Yoga Class (45 min)<br>27 | 6 pm Building the Foundation for Health Behavior Change (CANCELLED)<br>28 | 1                                 | 8 am Trader Joe's Store Tour<br>9 am Working at Weight Mgmt (Bill)<br>10am Treatment Issues<br>11am Treatment Issues<br>11 am Yoga Class (60 min)<br>12pm Men's Group<br>2 |
| 5:30 pm Thinking Styles & Behavior<br>4  | 5       | 5pm Yoga Class (45 min)<br>6   | 6 pm Building the Foundation for Health Behavior Change (CANCELLED)<br>7  | 8 am Trader Joe's Store Tour<br>8 | 9 am Working at Weight Mgmt (Greer)<br>10am Bariatric Support Group (Greer)<br>11 am- Highly Reactive Emotional Responses Workshop (Ben)<br>9                              |
| 5:30 pm Thinking Styles & Behavior<br>11 | 12      | 5pm Yoga Class (45 min)<br>13  | 6 pm Building the Foundation for Health Behavior Change<br>14             | 15                                | 9 am Working at Weight Mgmt (Bill)<br>10am Treatment Issues<br>11am Treatment Issues<br>11 am Yoga Class (60 min)<br>12pm Men's Group<br>16                                |
| 5:30 pm Thinking Styles & Behavior<br>18 | 19      | 5 pm Yoga Class (45 min)<br>20 | 6 pm Building the Foundation for Health Behavior Change<br>21             | 22                                | 9 am Working at Weight Mgmt (Greer)<br>10am Bariatric Support Group (Greer)<br>11 am- The Sweet Life Nutrition Class (Nicole)<br>23  |
| 5:30 pm Thinking Styles & Behavior<br>25 | 26      | 5 pm Yoga Class (45 min)<br>27 | 6 pm Building the Foundation for Health Behavior Change<br>28             | 29                                | 9 am Working at Weight Mgmt (Bill)<br>10am Treatment Issues<br>11am Treatment Issues<br>11 am Yoga Class (60 min)<br>12pm Men's Group<br>30                                |