

# April 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Robyn/Greer) 1	2	5 pm Yoga Class (45 min) 3	6 pm Building the Foundation for Health Behavior ( <b>last Meeting</b> ) 4	5	<b>8 am Whole Foods Store Tour (Nicole)</b> 9 am Working at Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 6
5:30 pm Thinking Styles & Behavior (Robyn/Greer) 8	9	5 pm Yoga Class (45 min) 10	<b>8 am Trader Joe's Store Tour (Nicole)</b> 11	12	9 am Working at Weight Mgmt (Bill) 10am Treatment Issues 11am Treatment Issues <b>11 am Yoga Class (60 min)</b> 12pm Men's Group 13
5:30 pm Thinking Styles & Behavior (Greer) 15	16	5 pm Yoga Class (45 min) 17	18	<b>8 am Whole Foods Store Tour (Nicole)</b> 19	9 am Working at Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) <b>11 am Yoga Class (60 min)</b> <b>11 am- Nutrition Class (30 min with Nicole)</b> 20
5:30 pm Thinking Styles & Behavior (Greer) 22	23	5 pm Yoga Class (45 min) 24	25	26	9 am Working at Weight Mgmt (Bill) 10am Treatment Issues 11am Treatment Issues 12pm Men's Group 27
5:30 pm Thinking Styles & Behavior (Greer) 29	30	5 pm Yoga Class (45 min) 1	2	3	<b>8 am Trader Joe's Store Tour (Nicole)</b> 9 am Working at Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 4