

February 2020 Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Greer) 27		5:30 pm Yoga...for Every Body (45 min) Amie 28			8 Whole Foods Tour (Nicole) 9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 12pm Men's Group (Bill) 31 1
5:30 pm Thinking Styles & Behavior (Greer) 3		5:30 pm Yoga...for Every Body (45 min) Amie 4			9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am Yoga...for Every Body (60 min) Amie 8
5:30 pm Thinking Styles & Behavior (Greer) 10		5:30 Yoga...for Every Body (45 min) Amie 11			9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60 min) Amie 12pm Men's Group (Bill) 13 14 15
OFFICE CLOSED- Presidents Day Group CANCELLED		5:30 pm Yoga...for Every Body (45 min) Amie	5:30 pm Long-Term Maintenance - Bill	8 am Whole Foods Tour (Nicole)	9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am- Nutrition Class (Kathy)
17	18	19	20	21	22
5:30 pm Thinking Styles & Behavior (Greer) 24		5:30 pm Yoga...for Every Body (45 min) Amie 25	5:30 pm Long-Term Maintenance - Bill 26		9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) 11 am Yoga...for Every Body (60 min) Amie 12pm Men's Group (Bill) 27 28 29

WEEKLY CLASSES...AT A *GLANCE*

MONDAY	WEDNESDAY	THURSDAY	FRIDAYS	SATURDAY
			<p>8:00 am-9:00 am: Grocery Store Tour (Nicole Brown/Kathy Rodgers)</p>	<p>7:30-9:00 am [Reserved]: Emotional Eating (Bill Picon)-every other Saturday</p> <p>8:00 am-9:00 am: Grocery Store Tour (Nicole Brown/Kathy Rodgers)</p> <p>9:00-10:00 am: Long-term Weight Mgmt (Bill Picon/Greer Raggio)</p> <p>10:00-11:00 am: Treatment Issues in Weight Management (Bill Picon)- every other Saturday</p> <p>10:00 am-11:00 am: Bariatric Surgery Support Group (Greer Raggio)- every other Saturday</p>
<p>5:30-6:30 pm: Thinking Styles & Behavior (Greer Raggio)</p>	<p>5:30 pm – 6:15 pm: Yoga... for Every Body (Amie DiTomasso)</p>	<p>5:30-6:30 pm: Long-Term Maintenance (NEW) Starts Feb. 13th (Bill Picon)</p>		<p>11:00 am-12:00 pm Treatment Issues in Weight Management (Bill Picon)- every other Saturday</p> <p>11:00 am-11:30 am Nutrition Class (Nicole Brown/Kathy Rodgers)</p> <p>11:00 am-12: 00 pm: Yoga... for Every Body (Amie DiTomasso)- Saturday dates vary</p> <p>12:00 pm – 1:00 pm: Men's group (Bill Picon)- every other Saturday*</p> <p>*Please check monthly calendar for exact dates</p>