

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
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	5:30 pm Long-Term Maintenance (NEW)- Bill 12		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
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) 14
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
			8:00 am-9:00 am: Grocery Store Tour (Nicole Brown/Kathy Rodgers) ** NOTE: Friday dates vary	7:30-9:00 am [Reserved]: Emotional Eating 8:00 am-9:00 am: Grocery Store Tour (Nicole Brown/Kathy Rodgers) ** NOTE: Dates vary; please inquire at front desk 9:00-10:00 am: Weight Management Support Group (Bill Picon/Greer Raggio) 10:00-11:00 am: Treatment Issues in Weight Management (Bill Picon) ** NOTE: held every other Saturday 10:00 am-11:00 am: Bariatric Surgery Support Group (Greer Raggio) ** NOTE: held every other Saturday
5:30-6:30 pm: Thinking Styles & Behavior (Greer Raggio)	5:30 pm – 6:15 pm: Yoga... for Every Body (Amie DiTomasso)	5:30-6:30 pm: Long-Term Maintenance – NEW (Bill Picon) ** NOTE: every other Thursday		11:00 am-noon: Treatment Issues in Weight Management (Bill Picon) ** NOTE: held every other Saturday 11:00 am-11:30 am: Nutrition Class (Nicole Brown/Kathy Rodgers) NOTE: dates and topics vary; please inquire 11:00 am-12: 00 pm: Yoga... for Every Body (Amie DiTomasso) NOTE: Dates vary; please inquire at front desk 12:00 pm – 1:00 pm: Men’s group (Bill Picon) – ** every other Saturday **Please check monthly calendar for dates