

February 2012-CLASS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
CLASS TOPICS FOR THE WEEK GOT=Knowing Nutrients + Vegetables SOT=Meal Planning #5 (Cases + Practice)	Jan 30th 1:15pm SOT-Lynn 5pm GOT-Jessika	Jan 31st 5:30-7pm HT #1 Debbie	1	2 5pm SOT-Diana 6:15pm GOT-Diana	3	4 9:30 SOT-Lynn 12:15pm GOT-Jules
5 GOT=Measuring Progress + Protein SOT=Body Image	6 1:15pm SOT-Ingrid 5:00pm GOT-Jessika	7 5:30-7pm HT #2 Debbie	8	9 5:00pm SOT-Jennifer 6:15pm GOT-Jules	10	11 9:30 SOT-Vickie 10:15 FTB=JB + IW 12:15pm GOT-Jessika
12 GOT=Making the Transition + Mixed Meals SOT=Forming Habits	13 1:15pm SOT-Lynn 5:00pm GOT-Jessika	14 5:30-7pm HT #3 Debbie	15	16 5:00pm SOT-Debbie 6:15 GOT-Diana	17	18 9:30 SOT-Jennifer 12:15pm GOT-Jessika
19 GOT=Becoming More Active + Exercise calcs SOT=Eating Out	20 1:15pm SOT-Lynn 5:00pm GOT-Lynn	21 5:30-7pm HT #4 Debbie	22	23 5:00pm SOT-Diana 6:15pm GOT- Jules	24	25 9:30 SOT-Diana 12:15pm GOT-Diana
26 GOT=Managing Cues + Condiments/Extras SOT=Cooking Quick and Light (Simple and Fast)	27 1:15pm SOT-Lynn 5:00pm GOT-Jessika	28 5:30-7pm HT#5 Debbie	29	March 1st 5:00pm SOT-Jennifer 6:15pm GOT- Jules		

QUESTIONS?: Call 505/314-2025

“GOT” = Getting on Track class “DCC” = Dr. Care Clinic (Sign up required)

“SOT” = Staying on Track class “Finding the Balance” Post-bariatric Surgery, medically-based Support Group

“HT” = Healthy Thinking class (advanced sign-up required for this class)