

SEPTEMBER 2010-CLASS SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
Aug 29 Class topics for the week GOT=Making the Transition + Other Prepared Foods SOT=Exercise and Weight Loss Part 2	30 1:15pm SOT 5pm GOT 6:15pm SOT	31 HT #4	1	2 5pm SOT 6:15pm GOT	3	4 LU/JB OUT 9/10:30am SOT 12:15pm GOT
5 GOT=Becoming More Active + Exercise calcs SOT=Journaling and Alternative Food Records	6 LABOR DAY HOLIDAY- NO CLASSES	7 HT #5	8 5:30-7:30pm "Finding the Balance"	9 5:00pm SOT 6:15pm GOT	10	11 9/10:30am SOT 12:15pm GOT
12 GOT=Managing Cues + Condiments SOT=Enjoying Your Vegetables	13 1:15pm SOT 5:00pm GOT 6:15pm SOT	14 HT #6	15	16 5:00pm SOT 6:15pm GOT	17	18 9/10:30am SOT 12:15pm GOT
19 GOT=Building Support + Beverages SOT=Mastering the Mindful Meal	20 1:15pm SOT 5:00pm GOT 6:15pm SOT	21 HT #7	22	23 5:00pm SOT 6:15pm GOT	24	25 9/10:30am SOT 12:15pm GOT
26 GOT=Making Changes that Count + Snack foods SOT=Rational Thinking	27 1:15pm SOT 5:00pm GOT 6:15pm SOT	28 HT #8	29	31 5:00pm SOT 6:15pm GOT	Oct 1	2 9/10:30am SOT 12:15pm GOT-

QUESTIONS: Call 505/314-2025

"GOT" = Getting on Track class
"SOT" = Staying on Track class

"DCC" = Dr. Care Clinic (Sign up required) **"HT"** = Healthy Thinking class
"Finding the Balance" = Post-bariatric Surgery, medically-based Support Group