

Bariatric Class Schedule

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	1 9:30 Learn to Read a Food Label 3:30 Carbs and Wt. Loss	2 9:30 Managing Your Food Cues 3:30 Shopping Smart	3 9:30 Change Your Eating Style 3:30 Whole Grains/Whole Story 5:00 Learn to Read a Food Label	4	5	6
7	8 9:30 Grab and Go Meals 3:30 Change Your Eating Style	9 9:30 Whole Grains Whole Story 3:30 Learn to Read A Food Label	10 9:30 Eating Out 3:30 Learn to Read a Food Label 5:00 Change Your Eating Style	11	12	13
14	15 9:30 Managing Your Food Cues 3:30 Fats: Good, Bad and Ugly	16 9:30 Change Your Eating Style 3:30 Omega's 3 What are they?	17 9:30 Managing Your Food Cues 3:30 Carbohydrates & Weight Loss 5:00 Special Occ. Dining	18	19	20
21	22 9:30 Accumulating Activity 3:30 Learn to Read a Food Label	23 9:30 Sodium: How Much? 3:30 Managing Your Food Cues	24 9:30 Grab & Go Meals 3:30 Omega 3's, What are they & where do they come from? 5:00 Managing Your Food Cues	25	26	27
28	29 9:30 Change Your Eating Style 3:30 Eating Out	30 9:30 Learn to Read a Food Label 3:30 Special Occ. Dining	31 9:30 Learn to Read a Food Label 3:30 Shopping Smart 5:00 Whole Grains			
						

March 2010