

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sa</i>
			1 10:30 Sodium, How much is too much? 1:00 Learning to Read A Food Label	2 	3	4
5	6 10:30 Manage Food Cues 3:30 Omega 3's 5:00 Learning to Read A Food Label	7 10:30 Grab & Go Meals 1:00 Change Your Eating Style	8 10:30 Manage Food Cues 1:00 Fats: Good, Bad & Ugly	9	10	11
12	13 10:30 Fats: Good/Bad/Ugly 3:30 Learning to Read A Food Label 5:00 Manage Food Cues	14 10:30 Manage Food Cues 1:00 Whole Grains 	15 10:30 Eating Out 1:00 Change Your Eating Style	16	17	18
19	20 10:30 Eating Out 3:30 Change Your Eating Style 5:00 Meal Planning	21 10:30 Sodium 1:00 Learning to Read A Food Label	22 10:30 Learning to Read A Food Label 1:00 Whole Grains	23	24	25
26	27 10:30 Manage Food Cues 3:30 Special Occasion Dining 5:00 Change Your Eating Style	28 10:30 Change Your Eating Style 1:00 Carbs and Weight Loss	29 10:30 Grab & Go Meals 1:00 Accumulating Activity			
		February 2012				

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	2	3
4	5 10:30 Grab and Go Meals 3:30 Change Your Eating Style 5:00 Learn to Read a Food Label	6 10:30 Whole Grains Whole Story 1:00 Learn to Read A Food Label	7 10:00 Change Your Eating Style 1:00 Shopping Smart	8	9	10
11	12 10:30 Managing Your Food Cues 3:30 Fats: Good, Bad and Ugly 5:00 Special Occ. Dining	13 10:30 Change Your Eating Style 1:00 Omega's 3 What are they?	14 10:00 Whole Grains Whole Story 1:00 Learn to Read a Food Label	15	16	17
18	19 10:30 Grab and Go Meals 3:30 Learn to Read a Food Label 5:00 Change Your Eating Style	20 10:30 Sodium: How Much? 1:00 Managing Your Food Cues	21 10:00 Carbs & Weight Loss 1:00 Eating Out	22	23	24
25	26 10:30 Change Your Eating Style 3:30 Eating Out 5:00 Managing Your Food Cue	27 10:30 Learn to Read a Food Label 1:00 Special Occ. Dining	28 10:00 Learn to Read a Food Label 1:00 Managing Your Food Cues	29	30	31
March			2012			



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	2 10:30 Change Your Eating Style 3:30 Omega's 3: 5:00 Managing Food Cues	3 10:30 Meal Planning 1:00 Managing Your Food Cues	4 10:00 Fats: Good, Bad & Ugly 1:00 Sodium, How much is too much?	5	6	7
8	9 10:30 Grab and Go Meals 3:30 Managing Your Food Cues 5:00 Learn to Read a Food Label	10 10:30 Shopping Smart 1:00 Change Your Eating Style	11 10:00 Managing Your Food Cues 1:00 Grab & Go Meals	12	13	14
15	16 10:30 Learn to Read A Food Label 3:30 Fats: Good, Bad and Ugly 5:00 Change Your Eating Style	17 10:30 Managing Your Food Cues 1:00 Learn to Read a Food Label	18 10:00 Change Your Eating Style 1:00 Shopping Smart	19	20	21
22	23 10:30 Accumulating Act. 3:30 Change Your Eating Style 5:00 Meal Planning	24 10:30 Whole Grains 1:00 Learn to Read a Food Label	25 10:00 Learn to Read a Food Label 1:00 Carbohydrates & Weight Loss	26	27	28
29	30 10:30 Managing Your Food Cues 3:30 Eating Out 5:00 Carbs and Weight Loss					

April

2012