

March 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior 25	26	5 pm Yoga Class (45 min) 27	6 pm Key Topics in Weight and Wellness (CANCELLED) 28	1	8 am Trader Joe's Store Tour 9 am Working at Weight Mgmt (Bill) 10am Treatment Issues 11am Treatment Issues 11 am Yoga Class (60 min) 12pm Men's Group 2
5:30 pm Thinking Styles & Behavior 4	5	5pm Yoga Class (45 min) 6	6 pm Building the Foundation for Health Behavior Change (CANCELLED) 7	8 am Trader Joe's Store Tour 8	9 am Working at Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am- Highly Reactive Emotional Responses Workshop (Ben) 9
5:30 pm Thinking Styles & Behavior 11	12	5pm Yoga Class (45 min) 13	6 pm Key Topics in Weight and Wellness 14	15	9 am Working at Weight Mgmt (Bill) 10am Treatment Issues 11am Treatment Issues 11 am Yoga Class (60 min) 12pm Men's Group 16
5:30 pm Thinking Styles & Behavior 18	19	5 pm Yoga Class (45 min) 20	6 pm Key Topics in Weight and Wellness 21	22	9 am Working at Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 11 am- The Sweet Life Nutrition Class (Nicole) 23
5:30 pm Thinking Styles & Behavior 25	26	5 pm Yoga Class (45 min) 27	6 pm Key Topics in Weight and Wellness 28	29	9 am Working at Weight Mgmt (Bill) 10am Treatment Issues 11am Treatment Issues 11 am Yoga Class (60 min) 12pm Men's Group 30