

# May 2019- Class and Group Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 pm Thinking Styles & Behavior (Greer) 29	30	5 pm Yoga Class (45 min) 1	2	3	<b>8 am Trader Joes Store Tour (Nicole)</b> 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 4
5:30 pm Thinking Styles & Behavior (Greer) 6	7	5 pm Yoga Class (45 min) 8	9	10	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) <b>11 am Yoga Class (60 min)</b> 12pm Men's Group (Bill) 11
5:30 pm Thinking Styles & Behavior (Greer) 13	14	5 pm Yoga Class (45 min) 15	16	<b>8 am Trader Joe's Store Tour (Nicole)</b> 17	9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) <b>11 am- Nutrition Class (30 min with Nicole)</b> 18
5:30 pm Thinking Styles & Behavior (Greer) 20	21	5 pm Yoga Class (45 min) 22	23	24	9 am Long-term Weight Mgmt (Bill) 10am Treatment Issues (Bill) 11am Treatment Issues (Bill) <b>11 am Yoga Class (CANCELLED)</b> 12pm Men's Group 25
<b>MEMORIAL DAY OFFICE CLOSED NO GROUP</b> 27	28	5 pm Yoga Class (45 min) 29	31	31	<b>8am Whole Foods Store Tour (Nicole)</b> 9 am Long-term Weight Mgmt (Greer) 10am Bariatric Support Group (Greer) 1

# Weekly Classes...at a Glance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>7:30-9:00 am <b>[Reserved]:</b>  <b>Emotional Eating</b> (Bill Picon)-every other Saturday*</p> <p>9:00-10:00 am:  <b>Long-term Weight Mgmt</b> (Bill Picon/Greer Raggio)</p> <p>10:00-11:00 am:  <b>Treatment Issues in Weight Management</b> (Bill Picon)- every other Saturday*</p> <p>10:00 am-11:00 am:  <b>Bariatric Surgery Support Group</b> (Greer Raggio)- every other Saturday*</p> <p>11:00 am-12:00 pm  <b>Treatment Issues in Weight Management</b> (Bill Picon)- every other Saturday*</p> <p>11:00 am-12: 00 pm:  <b>Yoga Class (Amie DiTomasso)</b>- Saturday dates vary*</p>
<p>5:30-6:30 pm:  <b>Thinking Styles &amp; Behavior</b>            (Robyn Osborn/Greer Raggio)</p>		<p>5:00 pm – 5:45 pm:  <b>Yoga Class (Amie DiTomasso)</b></p>	<p>5:30-7:00pm <b>[Reserved]:</b>  <b>Treatment of Emotional Eating</b>            (Bill Picon) every other Thurs. *</p>		<p>12:00 pm – 1:00 pm:  <b>Men’s group</b> (Bill Picon)- every other Saturday*</p> <p><i>*Please see monthly class and group schedule for exact dates</i></p>