



*Research has shown that those who attend group sessions for weight loss and maintenance lose more weight and keep it off long term. Be sure to utilize your program membership to its fullest potential.*

## **Naperville Office**

**Class Times: Tuesday at 11:30 a.m. and 5:00 p.m.**

**Speakers: Debbie Carsten LCSW**

**Mary Mirani BA**

**Julian Salas, Chef**

**Courtney Southwood MS, RD, LDN**

Date	Topic	Facilitator
<b>January 3</b>	No Class	
<b>January 10</b>	Cooking Tools	Julian
<b>January 17</b>	Managing Eating Cues	Courtney
<b>January 24</b>	Journaling	Debbie
<b>January 31</b>	How to Exercise Better and Train Smarter	Mary
<b>February 7</b>	Making Changes, Managing Lapses	Courtney
<b>February 14</b>	Preparing Fish and Seafood	Julian
<b>February 21</b>	Adjusting Your Self Image to a Healthy You	Debbie
<b>February 28</b>	The Role of Weight Loss in the Exercise Process	Mary
<b>March 7</b>	Shopping and Planning Healthy Meals	Courtney
<b>March 14</b>	Preparing Delicious Vegetables	Julian
<b>March 21</b>	What Type of Eater Are You?	Courtney

<b>March 28</b>	Taking Charge of Your Attitude	Debbie
<b>April 4</b>	The Science Behind Low Carb Diets	Courtney
<b>April 11</b>	Your Brain on Exercise	Mary
<b>April 18</b>	Goal Setting	Debbie
<b>April 25</b>	Setting Healthy Boundaries	Debbie
<b>May 2</b>	Medical Management of Obesity	Dr. Rosenfeld
<b>May 9</b>	Overcoming Challenges of Weight Loss	Courtney
<b>May 16</b>	Stress Management	Debbie
<b>May 23</b>	Grilling Basics	Julian
<b>May 30</b>	No Class	
<b>June 6</b>	Managing Summer Parties and Dining Out	Courtney
<b>June 13</b>	Exercising Outdoors	Mary
<b>June 20</b>	Building a Support Team	Debbie
<b>June 27</b>	Portion Control	Courtney

## Westmont Office

**Class Times: Monday at 5:30 p.m.**

**Thursday at 11:30 a.m. 4:00 p.m. 5:30 p.m.**

**Speakers: Debbie Carsten LCSW**

**Mary Mirani, BA**

**Elizabeth O'Malley RD, LDN**

**Courtney Southwood MS, RDN, LDN**

**Julian Salas, Chef**

Date	Topic	Facilitator
January 2- Monday	No class	
January 5 - Thursday	No class	
January 9 - Monday	Tools for Cooking	Julian
January 12 - Thursday	Tools for Cooking	Julian
January 16 - Monday	Eating Cues	Elizabeth
January 19- Thursday	Eating Cues	Courtney
January 23 - Monday	Journaling	Debbie
January 26 - Thursday	Journaling	Debbie

January 30 - Monday	How to Exercise Better and Train Smarter	Mary
February 2 - Thursday	How to Exercise Better and Train Smarter	Mary
February 6- Monday	Making Changes, Managing Lapses	Elizabeth
February 9 - Thursday	Making Changes, Managing Lapses	Courtney
February 13- Monday	Preparing Fish and Seafood	Julian
February 16 - Thursday	Preparing Fish and Seafood	Julian
February 20 - Monday	Adjusting Your Self Image to a Healthy You	Debbie
February 23 - Thursday	Adjusting Your Self Image to a Healthy You	Debbie
February 27 - Monday	The Role of Exercise in the Weight Loss Process	Mary
March 2 - Thursday	The Role of Exercise in the Weight Loss Process	Mary
March 6- Monday	Shopping and Planning Healthy Meals	Elizabeth
March 9- Thursday	Shopping and Planning Healthy Meals	Courtney
March 13 - Monday	Preparing Vegetables	Julian
March 16 - Thursday	Preparing Vegetables	Julian
March 20 - Monday	What Type of an Eater are You?	Elizabeth
March 23 - Thursday	What Type of an Eater are You?	Courtney
March 27 - Monday	Taking Charge of Your Attitude	Debbie
March 30 - Thursday	Taking Charge of Your Attitude	Debbie
April 3 - Monday	The Science Behind Low Carbohydrate Diets	Elizabeth
April 6- Thursday	The Science Behind Low Carbohydrate Diets	Courtney
April 10- Monday	Your Brain on Exercise	Mary
April 13 - Thursday	Your Brain on Exercise	Mary
April 17- Monday	Goal Setting	Debbie
April 20 - Thursday	Goal Setting	Debbie
April 24- Monday	Setting Healthy Boundaries	Debbie
April 27- Thursday	Setting Healthy Boundaries	Debbie
May 1- Monday	Medical Management of Obesity	Dr. Wallin
May 4 - Thursday	Medical Management of Obesity	Dr. Wallin
May 8 - Monday	Overcoming Challenges of Weight Maintenance	Elizabeth
May 11- Thursday	Overcoming Challenges of Weight Maintenance	Courtney
May 15 - Monday	Stress Management	Debbie

May 18 - Thursday	Stress Management	Debbie
May 22 - Monday	Grilling Basics	Julian
May 25 - Thursday	Grilling Basics	Julian
May 29 - Monday	No Class	
June 1 - Thursday	No Class	
June 5 - Monday	Managing Summer Parties and Dining out	Elizabeth
June 8 - Thursday	Managing Summer Parties and Dining out	Courtney
June 12 - Monday	Exercising Outdoors	Mary
June 15 - Thursday	Exercising Outdoors	Mary
June 19 - Monday	Building a Support Team	Debbie
June 22 - Thursday	Building a Support Team	Debbie
June 26 - Monday	Portion Control	Elizabeth
June 29- Thursday	Portion Control	Courtney