



Sun.	Mon.	Tue.	Wed.	Thu.
	3 <u>Labor Day</u> Clinic closed	4 <u>7:30 a.m. CORE REDUCING</u> <i>How It Works</i> <u>12:15 p.m. REDUCING</u> <i>Signs of a Regain Cycle</i>	5 <u>12:15 p.m. ADAPTING</u> <i>Grocery Store Tour</i> *Please RSVP* <i>Pauline Whitaker Walmart Neighborhood Market</i>	6
9	10 <u>12:15 p.m. REDUCING</u> <i>The Myth of Calorie Counting</i>	11 <u>7:30 a.m. CORE REDUCING</u> <i>Stress & Weight</i> <u>12:15 p.m. REDUCING</u> <i>The Myth of Calorie Counting</i>	12 <u>11:15 a.m. STAR MAINTENANCE</u> <i>The Flourishing Home</i> <u>12:15 p.m. ADAPTING</u> <i>Intermittent Fasting</i>	12
16	17 <u>12:15 p.m. REDUCING</u> <i>Surviving the Fast Track</i>	18 <u>7:30 a.m. CORE REDUCING</u> <i>About Maintenance</i> <u>12:15 p.m. REDUCING</u> <i>Surviving the Fast Track</i>	19 <u>12:15 p.m. ADAPTING</u> <i>Lifestyle Behavior Patterns</i>	20
23	24 <u>12:15 p.m. REDUCING</u> <i>Mindful Eating & Triggers</i>	25 <u>7:30 a.m. CORE REDUCING</u> <i>Emotional Eating</i> <u>12:15 p.m. REDUCING</u> <i>Mindful Eating & Triggers</i>	26 <u>11:15 a.m. STAR MAINTENANCE</u> <i>Break the Sugar Cycle</i> <u>12:15 p.m. ADAPTING</u> <i>Tracking Food Intake</i>	27

CORE CLASSES: FIRST 4 WEEKS OF WEIGHT LOSS PROGRAM REDUCING CLASSES: ACTIVE WEIGHT LOSS AFTER COMPLETING THE CORE CLASSES

ADAPTING CLASSES: PLEASE SCHEDULE TIME WITH JANEЕ PRIOR TO ATTENDING. ACHIEVED GOAL WEIGHT. AVG. 6 WEEKS -TRANSITION BACK TO TABLE FOOD.

GROCERY STORE TOUR: Walmart Neighborhood Market, 5000 W PAULINE WHITAKER PKWY. *RSVP to janee@newdirections.arcoxml.com

STAR MAINTENANCE CLASSES: WEIGHT STABLE AND COMFORTABLE EATING AT LEAST 1 TABLE FOOD MEAL/DAY. ACCESS UP TO 2 MEAL REPLACEMENTS/DAY.