

**Master Schedule**

**Program for Reducing Obesity (PRO) class schedule**

**PRO Virtual Nutrition classes**

**01/08; 01/09; 01/11- Zoom Virtual Session One**

Introduction  
The Weight Loss Challenge

**No Monday Class 1/15; 01/16; 01/18 - Zoom Virtual Session Two**

Which Meal Plan is Best?  
Setting Health Goals That Work

**01/22; 01/23; 01/25- Zoom Virtual Session Three**

Exploring the Mediterranean and DASH Diets  
Eating In Response to Hunger

**01/29; 01/30, 02/01- Zoom Virtual Session Four**

Being Active

**02/05; 02/06, 02/08- Zoom Virtual Session Five**

A Balanced Meal Plan  
Healthy Eating Behaviors

**02/12; 02/13; 02/15- Zoom Virtual Session Six**

Portion Control  
Healthy Eating Challenges

**No Monday Class 02/19; 02/20; 02/22- Zoom Virtual Session Seven**

Healthy Meal Planning  
Emotional Eating

**02/26; 02/27; 02/29- Zoom Virtual Session Eight**

Dining Out  
Coping During the Pandemic

**03/04; 03/05; 03/07- Zoom Virtual Session Nine**

Cooking Healthy Meals  
Creating Positive Self Talk

**03/11; 03/12; 03/14- Zoom Virtual Session Ten**

Food Shopping, Food Delivery Services  
Anti-Inflammatory Foods  
Eating Without Distraction

**No Monday 11am 03/18; 03/19; 03/21- Zoom Virtual Session Eleven**

Getting The Most Out Of Your Exercise Program

**03/25; 03/26; 03/28- Zoom Virtual Session Twelve**

Moving Forward