

**Master Schedule**

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

**PRO Virtual Nutrition classes**

**09/30; 10/01; 10/03- Zoom Virtual Session One**

Introduction  
The Weight Loss Challenge

**10/07; 10/08; 10/10 - Zoom Virtual Session Two**

Which Meal Plan is Best?  
Setting Health Goals That Work

**10/14; 10/15; 10/17- Zoom Virtual Session Three**

Exploring the Mediterranean and DASH Diets  
Eating In Response to Hunger

**No Monday 10/21 at 3pm, and 5:15pm; 10/21; 10/22; 10/24  
- Zoom Virtual Session Four**

Being Active

**10/28; 10/29; 10/31- Zoom Virtual Session Five**

A Balanced Meal Plan  
Healthy Eating Behaviors

**11/04; 11/05; 11/07- Zoom Virtual Session Six**

Portion Control  
Healthy Eating Challenges

**All Monday 11/1/24 classes canceled due to Holiday**

**11/12; 11/14- Zoom Virtual Session Seven**

Healthy Meal Planning  
Emotional Eating

**11/18; 11/19; 11/21 - Zoom Virtual Session Eight**

Dining Out  
Coping During Stressful times

**No Monday 11/25 at 11am class**

**All Thursday 11/28/24 classes canceled due to Holiday**

**11/25; 11/26; - Zoom Virtual Session Nine**

Cooking Healthy Meals

Creating Positive Self Talk

**12/02; 12/03; 12/05 - Zoom Virtual Session Ten**

Food Shopping, Food Delivery Services

Anti-Inflammatory Foods

Eating Without Distraction

**12/09; 12/10; 12/12 - Zoom Virtual Session Eleven**

Getting The Most Out Of Your Exercise Program

**12/16; 12/17; 12/19- Zoom Virtual Session Twelve**

Moving Forward