

# Winter MOVE! Schedule for Weight Management Group Visits 2008/2009

Call (503) 220-3482 and leave a message with you name, last 4 of SSN, and date and time of the class you would like to be rescheduled if you have cancelled a group visit. Thank you.

Class Date	Class Title	Description	Location	Time
<u>December</u> <b>2008</b> 12/02 and 12/04	What is in your food?	Nutrition	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
12/09 and 12/11	Benefits of an Exercise Lifestyle	Physical Activity	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
12/16 and 12/18	Getting and Staying Motivated	Behavior	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
<u>January</u> <b>2009</b> 1/6 and 1/8	Trim the Fat	Nutrition	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
1/13 and 1/15	Strength Exercises – Pilates and Hitting the Gym	Physical Activity	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
1/20 and 1/22	Handling and Reducing Stress	Behavior	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
<u>February</u> <b>2009</b> 2/3 and 2/5	Sweets and Snacks	Nutrition	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
2/10 and 2/12	Stretching your Exercise Benefit	Physical Activity	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm
2/17 and 2/19	Self-Control and Impulse Control	Behavior	100-1C188	Tue: 1pm to 3pm Thurs: 11am to 1pm