

2023: Weekly Class Schedule

Sign up for classes is required

JANUARY

- *4 -Weight Loss Motivation-Proven Strategies
- 9 -Get Comfortable in the Kitchen
- *18-Stress Management
- 23- Plant-based Diets for Beginners
- 30-Eat More, Lose More (Nutrient Density)

FEBRUARY

- 6-Creating a Wellness Vision/Goal Setting
- 13- Nutrition 101
- 20-Success-Client Testimonials
- 27- Mindful Eating

MARCH

- 6- Food Labels & Ingredient Lists
- 13- Meal Planning for Families**
- 20- Why Journal? The Science of Journaling
- 27-Hidden Food Cues

APRIL

- 3-Eat to Beat Inflammation
- 10- Nutrient Density
- 17-Effects of Being Overweight
- 24-Eating Out/ Special Occasions

MAY

- 1-Nutritional Superfoods
- 8- Smart Snacking
- 15- Understanding Food Labels
- 22-Success-Client Testimonials
- *31- Weight loss Recipe for Success

JUNE

- 5-Addictive Foods
- 12- Planning Meals**
- 19- Getting Active
- 26- Motivation for Weight Loss

JULY

- 3-Setting Realistic Goals
- 10- Eat to Beat Inflammation
- 17-Nutrient Density
- 24-Shopping Smart
- 31- Body Image & Self Esteem

AUGUST

- 7- Plant-Based
- 14- Eating Style
- 21-Build Your Support Team
- 28-Eating Out & Special Occasions

SEPTEMBER

- *6-Exercise & Hormones
- 11- Meal Planning**
- 18-Food labels & Ingredient Lists
- 25- Success-Client Testimonials

OCTOBER

- 2-Hidden Food Cues
- 9- The Power of Journaling for Weight Loss
- 16- Nutrition 101: Macronutrients
- 23-Eat More, Lose More (Nutrient Density)
- 30- Nutrition 102: Micronutrients

NOVEMBER

- 6- Addictive Foods
- 13- Exercise
- 20-Mindful Eating
- 27-Eating Out/Special Occasions

DECEMBER

- 4-Quick Convenient Meal Planning**
- 11-Lifestyle Change
- 18- Support
- 27- Eating Style

Classes

Every Monday at 10 AM, 4:15 PM & 5:45 PM

Grocery Store Tours

Available upon completion of program & scheduled with your RD for a personalized tour!

Meal Planning Classes

Showcases proper portioning and meal prep ideas with real food models

* If a holiday falls on a Monday we will shift classes at the same time to Wednesday of that week.



PRISMA
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