

April 14, 2010

Wednesday

6:30 PM - 9:00 PM

3. Success comes from within - motivational -- Tansley woods

April 28, 2010

Wednesday

6:30 PM - 8:30 PM

9. Change is Hard! CBT -- Tansley Woods Library

May 12, 2010

Wednesday

6:30 PM - 8:30 PM

5. Success comes from within - goal setting - motivational -- Tansley Woods Library

May 26, 2010

Wednesday

6:30 PM - 7:00 PM

session cancelled

June 08, 2010

Tuesday

6:30 PM - 8:30 PM

1. Relationship with food RD -- Tansley Woods Library rebooked from Jun 9

June 23, 2010

Wednesday

6:00 PM - 6:30 PM

Session Cancelled

July 06, 2010

Tuesday

6:30 PM - 8:30 PM

6. Managing a lower calorie lifestyle RD -- Tansley Woods Library rebooked from Jul 7

July 20, 2010

Tuesday

6:30 PM - 8:30 PM

8. Bariatric surgery: Nutrition assessment and diet changes - RD -- Tansley Woods Library rebooked from Jul 21

August 03, 2010

Tuesday

6:30 PM - 8:30 PM

2. Nutrition matters: your body size, energy balance, meal planning for health and satisfaction RD -- Tansley Woods Library rebooked from Aug 4

August 18, 2010

Wednesday

6:30 PM - 8:30 PM

10. Goal Setting Strategies CBT -- Tansley Woods Library

September 01, 2010

Wednesday

6:30 PM - 8:30 PM

4. Taking charge of energy "in" RD -- Tansley Woods Library

September 15, 2010

Wednesday

6:30 PM - 8:30 PM

7. Maximizing your "energy out" kinesiology MOVED FROM JUN 23 -- Tansley Woods Library