

Capital Health Plan
Weight Management Class Topics
Governor's Square Auditorium

<u>Dates (Classes Wednesday 11a.m. and Thursday 6 p.m.)</u>	<u>Topic</u>
10/1 and 10/2	The Path of All or Nothing Thinking
10/8 and 10/9	Benefits of Sit-Down, Focused Meals and Snacks
10/15 and 10/16	What is America Eating??
10/22 and 10/23	Metabolism and movement – How Our Body Burns Calories
10/29 and 10/30	The Holiday Season Begins – Don't allow it to Spook the Scale!