

**Monday Maintenance Program**  
**5:30 PM – 6:15 PM**

<b>Other Maintenance Options:</b>	
Monday 5:30-6:15 PM	<i>Walking Group with Katie</i>
Monday 6:30 PM-7:15 PM	Resistance Training <i>with Katie</i>

*Topics and Presenters are subject to change **without** notice.*

<i>Date</i>	<i>Presenter</i>
<b>A nurse will be available for weigh-ins on the 2<sup>nd</sup> and 4<sup>th</sup> weeks of each month. This free service may also include a blood pressure check if desired. Monday: 5:00 pm – 5:30 pm (see attached schedule)</b>	
01/05/09	Peer Led
01/12/09	SWMC Exercise Specialist-Katie
01/19/09	SWMC Dietitian
01/26/09	Peer Led
02/02/09	SWMC Behaviorist
02/09/09	SWMC Exercise Specialist-Katie
02/16/09	Peer Led
02/23/09	SWMC Dietitian
03/02/09	SWMC Behaviorist
03/09/09	Peer Led
03/16/09	SWMC Exercise Specialist-Katie
03/23/09	SWMC Dietitian
03/30/09	Peer Led
04/06/09	SWMC Behaviorist
04/13/09	SWMC Exercise Specialist-Katie
04/20/09	Peer Led
04/27/09	SWMC Dietitian
05/04/09	SWMC Behaviorist
05/11/09	Peer Led
05/18/09	SWMC Exercise Specialist-Katie
05/25/09	Office Closed
06/01/09	Peer Led
06/08/09	SWMC Behaviorist
06/15/09	SWMC Exercise Specialist-Katie
06/22/09	Peer Led
06/29/09	SWMC Dietitian

## Thursday Maintenance Program NOON- 12:45 PM

### Other Maintenance Options:

Thursday 11:00 – 11:45 am      *Chair Exercise Class with Brooke*

Thursday 1:00-2:00 PM      *Resistance Training with Tim*

*Topics and Presenters are subject to change **without** notice.*

<i>Date</i>	<i>Presenter</i>
<b>A nurse will be available for weigh-ins on the 2<sup>nd</sup> and 4<sup>th</sup> weeks of each month. This free service may also include a blood pressure check if desired. Thursday: 11:30 am – 12:00 pm (see attached schedule)</b>	
01/01/09	Office Closed
01/08/09	Peer Led
01/15/09	SWMC Exercise Specialist-Brooke
01/22/09	SWMC Dietitian
01/29/09	Peer Led
02/05/09	SWMC Behaviorist
02/12/09	SWMC Exercise Specialist-Brooke
02/19/09	Peer Led
02/26/09	SWMC Dietitian
03/05/09	SWMC Behaviorist
03/12/09	Peer Led
03/19/09	SWMC Exercise Specialist-Brooke
03/26/09	SWMC Dietitian
04/02/09	Peer Led
04/09/09	SWMC Behaviorist
04/16/09	SWMC Exercise Specialist-Brooke
04/23/09	Peer Led
04/30/09	SWMC Dietitian
05/07/09	SWMC Behaviorist
05/14/09	Peer Led
05/21/09	SWMC Exercise Specialist-Brooke
05/28/09	SWMC Dietitian
06/04/09	Peer Led
06/11/09	SWMC Behaviorist
06/18/09	SWMC Exercise Specialist-Brooke
06/25/09	Peer Led

## 2009 Nurse Visits – Maintenance

	<b>MONDAY</b>	<b>THURSDAY</b>
	<b>4:30-5:30</b>	<b>11:00 – 12:00</b>
<b>JANUARY</b>	12	8
	26	22
<b>FEBRUARY</b>	9	12
	23	26
<b>MARCH</b>	9	12
	23	26
<b>APRIL</b>	13	9
	27	23
<b>MAY</b>	11	14
	Office Closed	28
<b>JUNE</b>	8	11
	22	25
<b>JULY</b>	13	9
	27	23
<b>AUGUST</b>	10	13
	24	27
<b>SEPTEMBER</b>	14	10
	28	24
<b>OCTOBER</b>	12	8
	26	22
<b>NOVEMBER</b>	9	12
	23	Office Closed
<b>DECEMBER</b>	14	10
	28	Office Closed