

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

Other Maintenance Options:

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>
A nurse will be available for weigh-ins on the 2nd and 4th 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)	
06/29/09	Peer Led
07/06/09	SWMC Exercise Specialist
07/13/09	SWMC Dietitian
07/20/09	Peer Led
07/27/09	SWMC Behaviorist
08/03/09	SWMC Exercise Specialist
08/10/09	Peer Led
08/17/09	SWMC Dietitian
08/24/09	SWMC Behaviorist
08/31/09	Peer Led
09/07/09	Office Closed
09/14/09	SWMC Dietitian
09/21/09	Peer Led
09/28/09	SWMC Behaviorist
10/05/09	SWMC Exercise Specialist
10/12/09	Peer Led
10/19/09	SWMC Dietitian-
10/26/09	SWMC Behaviorist
11/02/09	Peer Led
11/09/09	SWMC Exercise Specialist
11/16/09	SWMC Dietitian
11/23/09	Peer Led
11/30/09	SWMC Behaviorist
12/07/09	SWMC Exercise Specialist
12/14/09	Peer Led
12/21/09	SWMC Dietitian
12/28/09	SWMC Behaviorist