

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)	
01/04/10	Peer Led
01/11/10	SWMC Exercise Specialist
01/18/10	SWMC Dietitian-Toddy
01/25/10	Peer Led
02/01/10	SWMC Behaviorist-Richard
02/08/10	SWMC Exercise Specialist-Katie
02/15/10	Peer Led
02/22/10	SWMC Dietitian-Toddy
03/01/10	SWMC Behaviorist-Richard
03/08/10	Peer Led
03/15/10	SWMC Exercise Specialist-Katie
03/22/10	SWMC Dietitian-Toddy
03/29/10	Peer Led
04/05/10	SWMC Behaviorist-Richard
04/12/10	SWMC Exercise Specialist-Katie
04/19/10	Peer Led
04/26/10	SWMC Dietitian-Toddy
05/03/10	SWMC Behaviorist-Richard
05/10/10	Peer Led
05/17/10	SWMC Exercise Specialist-Katie
05/24/10	SWMC Dietitian-Toddy
06/07/10	Peer Led
06/14/10	SWMC Behaviorist-Richard
06/21/10	SWMC Exercise Specialist-Katie
06/28/10	Peer Led