

**Thursday Maintenance Program
NOON- 12:45 PM**

Other Maintenance Options:	
Thursday 11:00 – 11:45 am	<i>Chair Exercise Class with Brooke</i>
Thursday 1:00-2:00 PM	<i>Resistance Training with Tim</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. Thursday: 11:30 am – 12:00 pm (see attached schedule)	
07/02/09	Peer Led
07/09/09	SWMC Exercise Specialist-Brooke
07/16/09	SWMC Dietitian
07/23/09	Peer Led
07/30/09	SWMC Behaviorist
08/06/09	SWMC Exercise Specialist-Brooke
08/13/09	Peer Led
08/20/09	SWMC Dietitian
08/27/09	SWMC Behaviorist
09/03/09	Peer Led
09/10/09	SWMC Exercise Specialist-Brooke
09/17/09	SWMC Dietitian
09/24/09	Peer Led
10/01/09	SWMC Behaviorist
10/08/09	SWMC Exercise Specialist-Brooke
10/15/09	Peer Led
10/22/09	SWMC Dietitian
10/29/09	SWMC Behaviorist
11/05/09	Peer Led
11/12/09	SWMC Exercise Specialist-Brooke
11/19/09	SWMC Dietitian
11/26/09	Peer Led
12/03/09	SWMC Behaviorist
12/10/09	SWMC Exercise Specialist-Brooke
12/17/09	Peer Led
12/24/09	Office Closed
12/31/09	Office Closed