

**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)	
01/07/10	Peer Led
01/14/10	SWMC Exercise Specialist-Brooke
01/21/10	SWMC Dietitian-Louise
01/28/10	Peer Led
02/04/10	SWMC Behaviorist
02/11/10	SWMC Exercise Specialist-Brooke
02/18/10	Peer Led
02/25/10	SWMC Dietitian-Louise
03/04/10	SWMC Behaviorist
03/11/10	Peer Led
03/18/10	SWMC Exercise Specialist-Brooke
03/25/10	SWMC Dietitian-Louise
04/01/10	Peer Led
04/08/10	SWMC Behaviorist
04/15/10	SWMC Exercise Specialist-Brooke
04/22/10	Peer Led
04/29/10	SWMC Dietitian-Louise
05/06/10	SWMC Behaviorist-Martha
05/13/10	Peer Led
05/20/10	SWMC Exercise Specialist-Brooke
05/27/10	SWMC Dietitian-Louise
06/03/10	Peer Led
06/10/10	SWMC Behaviorist-Martha
06/17/10	SWMC Exercise Specialist-Brooke
06/24/10	Peer Led