

MEDICAL CENTER



NEW BEGINNING & MY JOURNEY

Wednesday NOON

CLINIC 12:00-1:00 pm

GROUP 1:00-2:00 pm

Clinician Week: 12:00-2:00 pm

Thursday MORNING

CLINIC 7:30-8:30 am

GROUP 8:30-9:30 am

Clinician Week: 7:00-9:30 am

Thursday NOON

GROUP 12:00-1:00 pm

CLINIC 1:00-2:00 pm

Clinician Week: 12:00-2:00 pm

Thursday EVENING

CLINIC 5:00-6:00 pm

GROUP 6:00-7:00 pm

Clinician Week: 5:00-6:30 pm

LIVING IT

Wednesday NOON

CLINIC 11:30-12:00 pm

GROUP 12:00-12:45 pm

Thursday AM

CLINIC 7:30-8:00 am

GROUP 8:00-9:00 am

Thursday PM

CLINIC 6:30-7:00 pm

GROUP 7:00-8:00 pm

Medical Weight Management Program

Methodist Weight Management Ctr
6501 Fannin Street, NB1-001
Houston, Texas 77030
Methodistweightmanagement.com
Office: 713.441.4984

March 2010

Wed	Thurs	Fri
<p>3. <i>New Beginnings/My Journey: The Cost of Inactivity</i> <i>Living It: Cooking Class</i></p>	<p>4. <i>New Beginnings/My Journey: Clinician Week</i></p>	
<p>10. <i>Regular Clinic schedule for Wed Clinic</i> <i>New Beginnings: Readiness for Change</i> <i>My Journey: Volumetrics</i> <i>Living It: Label Reading</i></p>		
<p>17. <i>New Beginnings: Meat Matters</i> <i>My Journey: MarketAbility</i> <i>Living It: Who's in Charge?</i></p>		
<p>24. <i>New Beginnings: Behavior Change Strategies</i> <i>My Journey: Adapting Process</i> <i>Living It: Self Assessment-Body Comp (No class)</i></p>		
<p>31. <i>New Beginnings: What Moves You?</i> <i>My Journey: Behavior Change Support</i> <i>Living It: Ask the Expert</i></p>		