

Willowbrook

MONDAY Noon
New Beginning
 CLINIC 12:00-1:00pm
 CLASS 1:00-2:00pm

MONDAY Evening
Adapting Clinic
 3:30-5:00pm
 Living IT
 CLINIC 4:30-5:00pm
 CLASS 5:00-6:00pm

New Beginning
 CLINIC 6:00-7:00pm
 CLASS 7:00-8:00pm

TUESDAY Evening
Adapting Clinic
 5:00-6:00pm

Living IT
 CLINIC 6:00-6:30pm
 CLASS 6:30-7:30pm

WEDNESDAY Noon
 Living IT
 CLINIC 9:30-10:00am
 CLASS 10:00-11:00am

Adapting Clinic
 11:00-12:00noon

New Beginning
 CLASS 11:30-12:30pm
 CLINIC 12:30-1:30pm

WEDNESDAY Evening
New Beginning
 CLINIC 5:00-6:00pm
 CLASS 6:00-7:00pm

Methodist Weight Management Ctr
 18220 Tomball Parkway
 Houston, Texas 77070
methodistweightmanagement.com

Medical Weight Management Program

March 2010

Monday	Tues	Wed
1. <i>New Beginnings: Readiness for Change</i>	2.	3. <i>New Beginnings: Readiness for Change</i>
8. <i>New Beginnings/My Journey: Clinician Week</i> 	9.	10. <i>New Beginnings/My Journey: Clinician Week</i> 
15. <i>New Beginnings: Meat Matters</i>	16.	17. <i>New Beginnings: Meat Matters</i>
22. <i>New Beginnings: What Moves You Living It: Guest Speaker! Senior Olympian DeEtte Sauer</i>	23. <i>Living It: Guest Speaker! Senior Olympian DeEtte Sauer</i>	24. <i>New Beginnings: What Moves You Living It: Guest Speaker! Senior Olympian DeEtte Sauer</i>
<i>Everyone invited</i>	<i>Everyone invited</i>	<i>Everyone invited</i>
29. <i>New Beginnings: Self Talk</i>	30.	31. <i>New Beginnings: Self Talk</i>

The New Beginning of My Journey to Living IT

WILLOWBROOK STAFF:
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