



Week	Day 1: Tuesday or Wednesday	Day 2: Saturday
Aug 20- Aug 25th, 2018		
Aug 27-Sept. 1, 2018		Session 0: Family Information Session
Sept. 4- Sept. 9, 2018	Session 0: Family Information Session	Session 1: Welcome Class I
Sept. 10- Sept. 15, 2018	Session 2: Starting the Journey	Session 3: Navigating Nutrition Tips
Sept. 17- Sept. 22, 2018	Session 4: Goals and Rewards	Session 5: Food Groups
Sept. 24- Sept. 29, 2018	Session 6: Moving and Grooving as a Family	Session 7: Fats and Sugars
Oct. 1- Oct. 6, 2018	Session 8: Problem Solving	Session 9: External Triggers
Oct. 8- Oct. 13, 2018	Session 10: Healthy Detectives - I	Session 11: Healthy Detectives- II
Oct. 15- Oct. 20, 2018	Session 12: Ready, Steady, Eat.....	Session 13: Internal Triggers
Oct. 22- Oct. 27, 2018	Session 14: Cultures and Traditions	Session 15: Grocery Store Tour
Oct. 29- Nov.3, 2018	Session 16: Fabulous Foods	Session 17: Family Game Show
Nov. 5- Nov.10, 2018	Session 18: Out and About	Session 19: Feeling Good About Me
Nov. 12- Nov. 17	Session 20: More Activity, More Fun	Session 21: Checking in on Goals
Nov. 19- Nov. 24	Thanksgiving Break	No Program!
Nov. 26- Dec. 1, 2018	Session 22: Staying Healthy and Motivated	
Dec. 4- Dec. 9, 2018	Session 23: Banishing Bullying	
Dec. 11- Dec. 16, 2018	Session 24: Our Top 10	

Dec. 18- Dec. 23, 2018		Session 25: Tomorrow and Beyond	
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Sessions 1-20: 2 hours, twice per week

60 minutes		Adults and Children with Both Leaders	Facilitated activities and group discussion
30 minutes		Children with Activity Leader	Physical Activity
30 minutes		Adults with Content Leader	Facilitated activities and group discussion
30 minutes		Adults and Children with Both Leaders	Group Physical Activity

Sessions 21-25: 2 hours, once a week

15 minutes		Adults and Children with Both Leaders	Collect Measurements: Height, Weight and Waist Circumference
45 minutes		Adults and Children with Both Leaders	Facilitated activities and group discussion
60 minutes		Adults and Children with Both Leaders	Group Physical Activity

<p>Contact Information: Program Services 512-236-9622</p>
