

*George Washington University Weight Management Program's
Weekly List of Groups/Classes
July 2010*

<u>WEDNESDAY</u>	<u>TIME</u>	<u>LOCATION</u>
<u>Grocery Store Tour</u> (limited space sign up with Nicole) <i>Nicole Brown, MS, RD, LD</i> 07/07 and 07/21 these days only	12noon-1pm	208
<u>Getting Started</u> <i>Marilyn Sperling, Ph. D (leader)</i> 07/07- #4 Food & Fat Dependency 07/14- #1 Realistic Weight 07/21- #2 Emotional Eating 07/28- CANCELLED	5pm-6pm	208/D
<u>Engaging in Change</u> <i>Marilyn Sperling, Ph. D (leader)</i>	6pm-7pm	208/D
<u>Nutrition & Behavior Principles</u> <i>Rebecca Mohning, MS, RD, LD (leader)</i> 07/07- #3 Drinks & Dishes 07/14- #4 Baked Goods 07/21- #5 Spreads & Salads 07/28- #6 Meats & Cholesterol	7pm-8pm	208/E
<u>Understanding Binge Eating</u> <i>Marilyn Sperling, Ph. D (leader)</i>	7pm-8pm	208/D
<u>THURSDAY</u>	<u>TIME</u>	<u>LOCATION</u>
<u>Nutrition & Behavior Principles</u> <i>Nicole Brown MS, RD, LD (leader)</i> 07/01- #1 Environmental Redesign 07/08- #2 Accumulating Activity 07/15- #3 Failure Syndrome 07/22- #4 Travel, Vacations & Holidays 07/29- #5 Changing Ways & Binging	12noon-1pm	208/A
<u>Getting Started</u> <i>Robyn Osborn, Ph. D (leader)</i> 07/01- CANCELLED 07/08- CANCELLED 07/15- CANCELLED 07/22- #4 Food & Fat Dependency 07/29- #1 Realistic Weight	5:30pm-6:30pm	208/D
<u>Engaging in Change</u> <i>Ben Bronheim, M.D. (leader)</i>	5:30pm-6:30pm	208/E
<u>Treatment of Emotional Eating</u> * <i>Bill Picon, Ph. D (leader)</i>	5:30pm-6:30pm	208/A
<u>Treatment of Emotional Eating</u> * <i>Ben Bronheim, M.D. (leader)</i>	6:30pm-7:30pm	208/E
<u>Treatment Issues in Weight Management</u> <i>Bill Picon, Ph. D (leader)</i>	6:30pm-7:30pm	208/A
<u>Thoughts, Feelings & Behaviors</u> <i>Robyn Osborn, Ph. D (leader)</i>	6:30pm-7:30pm	208/D

Announcements:

Marilyn is out Wednesday July 28th, Getting Started and Understanding Binge Eating will be cancelled.

Robyn is out July 1st through the 15th all of her classes will be cancelled during this time.

** Indicates separate schedule. * Indicates the group is by arrangement with the group leader
Nutrition & Behavior Principles class are a combined course.

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<u>FRIDAY</u>	<u>TIME</u>	<u>LOCATION</u>
Grocery Store Tour (limited space sign up with Kathy) <i>Kathy Glazer, MS, RD, LD</i> 07/09 and 07/23 these days only	9am- 10am	208
Relapse Intervention <i>Maria Foley, Psy. D (leader)</i>	11am-12 noon	208/A
Stress Management <i>Ben Bronheim, M.D. (leader)</i>	11am-12 noon	208/E
Getting Started <i>Maria Foley, Psy. D (leader)</i>	12 noon-1 pm	208/A
07/02- #4 Food & Fat Dependency 07/09- CANCELLED 07/16- #1 Realistic Weight 07/23- #3 Maintenance/Relapse 07/30- #2 Emotional Eating		
Realistic Weight Long Term Management * <i>Marilyn Sperling, Ph. D (leader)</i>	12 noon-1pm	208/D
Treatment of Emotional Eating * <i>Ben Bronheim, M.D. (leader)</i>	12 noon-1pm	208/E
<u>SATURDAY</u>	<u>TIME</u>	<u>LOCATION</u>
Engaging in Change <i>Bill Picon, Ph. D (leader)</i>	9am-10am	208/A
Stress & Coping <i>Robyn Osborn, Ph. D (leader)</i>	9am-10am	208/D
Nutrition & Behavior Principles <i>Dietitian (leader)</i>	10am-11am	208/E
07/03- #6 Maintenance & Support 07/10- #6 Meats& Cholesterol 07/17- #3 Failure Syndrome 07/24- #7 Meal Planning 07/31- #2 Accumulating Activity		
Getting Started <i>Robyn Osborn, Ph. D (leader)</i>	10am-11am	208/D
07/03- CANCELLED 07/10- CANCELLED 07/17- #2 Emotional Eating 07/24- #3 Maintenance/Relapse 07/31- #4 Food & Fat Dependency		
For Men Only * <i>Bill Picon, Ph. D (leader)</i>	10am-11:30am	208/A
Treatment of Emotional Eating <i>Robyn Osborn, Ph. D (leader)</i>	11am-12noon	208/D
Treatment of Emotional Eating * <i>Bill Picon, Ph. D (leader)</i>	11:30am-1pm	208/A

Announcements:

Marilyn is out Friday July 2nd and Friday July 30th.
Maria is out Friday July 9th Relapse Intervention will be combined with Stress Management and Getting Started will be cancelled.
Robyn will be out July 1st through July 15th all of her groups will be cancelled during this time.
** *Indicates separate schedule. * Indicates the group is by arrangement with the group leader*
Nutrition & Behavior Principles class are a combined course.

Announcements and Schedule Changes For the month of July

- *Marilyn is out Friday July 2nd and Friday July 30th all groups cancelled both days*
- *Marilyn is out Wednesday July 28th all groups cancelled.*
- *Robyn is out July 1st through July 15th all of her groups will be cancelled during this period both Thursdays and Saturdays.*
 - *Maria is out Friday July 9th, Getting Started is cancelled.*