



Progress continues here.

## Programming February 14th to February 26th, 2022

Mon: 5:30-8:30 (Zoom & Onsite)  
 Tues: 11-2 (Zoom & Onsite)  
       5:30-8:30 (Zoom & Onsite)  
 Wed: 11-2 (Zoom & Onsite)  
       5:30-8:30 (Zoom & Onsite)  
 Thurs: 11-2 (Zoom & Onsite)  
        5:30-8:30 (Zoom & Onsite)  
 Fri: 11-2 (Zoom & Onsite)  
 Sat: 10-1 (Zoom & Onsite)

Monday, Feb 14	Tuesday, Feb 15	Wednesday, Feb 16	Thursday, Feb 17	Friday, Feb 18	Saturday, Feb 19
<p><u>Understanding Disordered Eating</u> Explore the habits you would like to change or adopt.</p> <p><b>Weekly Review</b></p> <p>Mindful Movement</p> <p>Roasted Salmon with Pesto and Cucumber Salad Cooking Demo</p>	<p><u>Opposite Action</u> Learn a skill to help you change existing patterns in relationships, procrastination and with food.</p> <p><b>Weekly Review (AM)</b></p> <p>Healthy Eating Out and Ordering In (PM)</p> <p>Salisbury Steak with Mushroom Gravy and Roasted Cauliflower Cooking Demo</p>	<p><u>Urge Response Plan</u> Use this group to create a plan to respond to urges to engage in old habits in new ways.</p> <p>Mindful Movement</p> <p>But What Are Portions?</p> <p>Cold Zucchini Ribbon Pesto Salad with Grilled Steak Provided Recipe &amp; Meal</p>	<p><u>Perfectionism vs Self-Improvement</u> Explore a better way to encourage yourself to make changes.</p> <p>The Energy in Food</p> <p>Chicken Normandy with Cauliflower Rice Cooking Demo</p>	<p><u>Accountability</u> Identify ways to monitor the consistency and results of your efforts and how to incorporate them this weekend.</p> <p><b>Weekend Planner</b></p> <p>Mindful Movement</p> <p>Steak and Chicken Fajitas with Grilled Vegetables Cooking Demo</p>	<p><u>SMART Goals</u> Set goals using this format to feel more encouraged and successful.</p> <p><u>Movement Saturday</u> *** Kick off your weekend with exhilarating movement led by Sara B!! ***</p> <p>Caprese Quinoa Salad with Turkey Breast Provided Recipe &amp; Meal</p>
<p><b>Monday, Feb 21</b></p> <p><u>IMPROVE Skills</u> Explore this acronym to build skills to help you soothe yourself when upset.</p> <p><b>Weekly Review</b></p> <p>Mindful Movement</p> <p>Lemon Chicken with Cauliflower Rice Pilaf Cooking Demo</p>	<p><b>Tuesday, Feb 22</b></p> <p><u>Stinkin' Thinkin'</u> Identify ways to examine the thoughts that contribute to distress and respond to them differently.</p> <p><b>Weekly Review (AM)</b></p> <p><i>Grocery Store Tour !!! (PM)</i></p> <p>Beef Stroganoff with Zoodles Cooking Demo</p>	<p><b>Wednesday, Feb 23</b></p> <p><u>Shame vs Guilt</u> Explore how to respond when you make mistakes to recover from them more effectively.</p> <p>Mindful Movement</p> <p>Dietitian's Corner</p> <p>Broccoli, Tofu, and Bacon Salad Provided Recipe &amp; Meal</p>	<p><b>Thursday, Feb 24</b></p> <p><u>Wellness Toolbox</u> Review the tools you have been using for your wellness that you have learned here at BCC and identify more skills you would like to build!</p> <p>SMART Goals</p> <p>Broccoli and Chicken Divan Cooking Demo</p>	<p><b>Friday, Feb 25</b></p> <p><u>Better Sleep</u> Learn in this group how to improve your sleep environment and sleep habits.</p> <p><b>Weekend Planner</b></p> <p>Mindful Movement</p> <p>Turkey Meatballs with Spaghetti Squash Cooking Demo</p>	<p><b>Saturday, Feb 26</b></p> <p><u>Body Image</u> Explore ways to think differently about your body and improve your body-image</p> <p><u>Movement Saturday</u> *** Dr. Tovar leads an invigorating movement morning!! ***</p> <p>Turkey Pesto Rollups Provided Recipe &amp; Meal</p>

Topics Subject to Change

**BLUE - Counseling**

**PURPLE - Nutrition and Movement**

**RED - Accountability**

**Green - Cooking and Mindful Eating**