



Progress continues here.

Programming March 14th to March 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, Mar 14	Tuesday, Mar 15	Wednesday, Mar 16	Thursday, Mar 17	Friday, Mar 18	Saturday, Mar 19
<p>SMART Goals Learn how to formulate goals each week to feel more successful and motivated.</p> <p>Weekly Review</p> <p>Mindful Movement</p> <p>Simple Chicken and Gravy with Roasted Vegetables Cooking Demo</p>	<p>Boundaries Part II Explore how to support the boundaries we have created with assertive communication.</p> <p>Weekly Review (AM)</p> <p>Physical Activity: An Important Component (PM)</p> <p>Chinese Eggplant with Chicken and Cucumber Kimchi Cooking Demo</p>	<p>Self-Care Discuss how self-care is more about effective self-parenting than about indulgence.</p> <p>Mindful Movement</p> <p>I Had No Idea! Boredom and Distracted Eating</p> <p>Avocado and Shrimp Salad Provided Recipe & Meal</p>	<p>Radical Self Love Explore ways to embrace your body as it is and counteract society's messages about what bodies are most valuable</p> <p>How to Stay Healthy while Shopping on a Budget!!</p> <p>Shiitake Mushrooms, Goat Cheese, and Spinach Stuffed Pork Chops Cooking Demo</p>	<p>Maslow's Hierarchy of Needs Explore how your relationship with food is intertwined with your need for safety and connection.</p> <p>Weekend Planner</p> <p>Mindful Movement</p> <p>Corned Beef with Sautéed Cabbage and Roasted Rutabaga Cooking Demo</p>	<p>Open Group Come ready to discuss what is impacting your journey.</p> <p>How Do I Know . . . Am I Hungry?</p> <p>Movement Saturday *** Sara B leads an exhilarating movement morning!! ***</p> <p>Arugula, Goat Cheese and Steak Salad Provided Recipe & Meal</p>
Monday, Mar 21	Tuesday, Mar 22	Wednesday, Mar 23	Thursday, Mar 24	Friday, Mar 25	Saturday, Mar 26
<p>Fears and Fantasies Explore ambivalence about meeting your goals and how to adjust your expectations and build skills for greater happiness.</p> <p>Weekly Review</p> <p>Mindful Movement</p> <p>Zucchini Lasagna with Yogurt Cesar Salad Cooking Demo</p>	<p>Boundaries Part III Explore whether we respond in healthy ways to others' boundaries and how we can respect them.</p> <p>Weekly Review (AM)</p> <p>Food Journaling (PM)</p> <p>Grilled Pork Chops with Crispy Oven Fried Garlic Mushrooms Cooking Demo</p>	<p>Attitudes of Recovery Explore elements of a healthy mindset to support you in changing your life</p> <p>Mindful Movement</p> <p>Dietitian's Corner</p> <p>Chicken Cobb Salad with Blue Cheese Dressing Provided Recipe & Meal</p>	<p>Understanding Depression Learn more about how depression is diagnosed and discuss how to better cope with depression</p> <p>The Importance of Long-Term Goal Setting</p> <p>Mexican Beef and Veggies Stuffed Bell Peppers Cooking Demo</p>	<p>Stages of Change Understand where you are in making all of the various changes you are undertaking in your life and how to encourage yourself to make new changes.</p> <p>Weekend Planner</p> <p>Grocery Store Tour !!</p> <p>BCC House Salad with Grilled Chicken Cooking Demo</p>	<p>Wellness Toolbox Review skills covered in program over the past month and share how you are using them.</p> <p>Movement Saturday *** Dr. Tovar leads an exhilarating movement morning!! ***</p> <p>Prosciutto and Hummus Wraps Provided Recipe & Meal</p>

Topics Subject to Change

BLUE - Counseling

PURPLE - Nutrition and Movement

RED - Accountability

Green - Cooking and Mindful Eating