



Healthy Weight Management

with Coach Christine

Healthy Weight Management is an 11 session program where participants create an individualized plan to maintain a healthy weight. This course will allow you to learn, explore and develop an individualized lifestyle which will be most effective for you.

BEGINNING

9

JANUARY | MARCH
2026 | 2026

20

ENDING

11:30AM-12:30PM

WEEK

- | | |
|----|-------------------------------------------|
| 1 | Webinar: Introduction - What is your Why? |
| 2 | Coaching: Visioning Exercise |
| 3 | Webinar: How to be a more Mindful Eater |
| 4 | Webinar: Energy Expenditure |
| 5 | Coaching: Balancing your Energy Equation |
| 6 | Webinar: Meet the Macronutrients |
| 7 | Webinar: Building Your Support Network |
| 8 | Webinar: Surviving the Supermarket |
| 9 | Webinar: Stress Eating/Stress Management |
| 10 | Webinar: Healthier Dining Out |
| 11 | Webinar: Relapse Happens |

