



# 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

7

MAY | JULY  
2026 | 2026

16

ENDING

THURSDAY | 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

