

Description of Weight Wise Group Education Modules (Modules are 2 1/2 hours in length)

Module One - Getting Started: Planning for Success

- Learn about obesity (what is it, what can cause it, what are some treatment choices).
- Learn ways to record what you eat, how active you are and how you are feeling emotionally.
- Learn about goal setting and how to deal with barriers.

Module Two - Finding Balance: The Role of Calories in Weight Management

- Learn about the top 5 ways to lower calories and practice strategies in class.

Module Three - Managing Hunger and Appetite

- Explore the difference between hunger and appetite.
- Practice techniques to manage appetite triggers and social pressures.

Module Four - Moving Matters – Including Physical Activity in Your Day

- Explore the benefits and barriers to being more active.
- Receive tips on how to get more physically active.
- Set your own personal activity goals.

Module Five - Nutrition: The Truth About What Works in Weight Management

- Evaluate what you are eating and learn strategies that can help lower your calories.
- Explore how meal patterns, food choices and portion size affect calorie intake.
- Learn about which foods can help you manage your weight.

Module Six - Nutrition: I Know I Should Eat Healthy, But How?

- Leave with tips on how to put your nutrition knowledge into practice.
- Explore the 4 P's: Plan, Purchase, Prepare and Pack.

Module Seven - Nutrition: Eating Away From Home and During Special Occasions

- Learn how buffets, parties, vacation and holiday eating can affect calorie intake.
- Leave with strategies to minimize extra calories when eating away from home and during special occasions.

Module Eight - Craving Change™ (two consecutive sessions)

- Learn about all the different reasons why people eat.
- Learn how to cope with emotional eating.
- Learn how to feel more in control of your eating.

Module Nine - Minding Stress: Effectively Reduce and Manage the Stress in Your Life (two consecutive sessions)

- Discover the hidden costs of stress; explore what causes you stress and what you can do about it.
- Opportunity to learn about and experience effective stress-management techniques.
- Uncover the world of Mindful Eating with strategies to diminish food cravings and stress-reactions. – Please bring a healthy snack to session 2

**Anyone interested in attending one or more of these classes should call Wood Buffalo
Primary Care Network at: 780-788-1765**