

WEIGHT LOSS GROUP

JULY 24 - July 28

Dr. Azari: 07/17 1:30-3:30 Red Light Therapy Review Biometric results and visceral fat (Red Light Therapy)

Kathy Casey RD: 07/17 1:45-3:45 Reading Labels and identifying harmful additives

GYM: Open Gym circuit style Mon 2-4 Wed 2-4 (goal to increase strength)

Virtual Classes Wed & Fri 9:30-10:30 (goal weight loss and strength)

Group Walks: Fri Austin Park 8:30AM-10AM come and go as you please (goal to increase walking stamina)

JULY 31 - AUG 4

Dr. Azari: 07/31 1:30-3:30 Gut Health Adding probiotics and fiber to your diet (Red Light Therapy)

Kathy Casey RD: 07/31 1:45-3:45 Migrating Motor Complex "GI" Housekeeper

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AUG 7 - AUG 11

Dr. Azari: 08/07 The importance of staying active, stress reduction and sleep (Red Light Therapy)

Kathy Casey RD: 08/07 Foods that give you energy and foods that help with sleep

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AUG 14 - AUG 18

Dr. Azari: 08/14 Stress Reduction and sleep social habits (Red Light Therapy)

Kathy Casey RD: 08/14 What to eat when you go out.

Michael Schossler: 08/18 Tanita

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AUG 21 - Final Check-In

Dr. Azari: Biometric review, lab review, compare B/P from start to finish discuss continuation with follow ups in live well (Red Light Therapy)

Kathy Casey RD: Recipes