

BodyChangers January Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13 Magee's Bariatric (MIS) Support Group 6-7p.m.	14	15	16 Shape Training Demo 12:30-1:30p.m.
17	18	19	20 Mind Over Body 6:30-7:30p.m.	21 Mission Nutrition 6-7p.m.	22	23
24	25	26	27 Life After Weight Loss Support Group 6-7p.m.	28	29	30 PrepAbility 1-5 p.m.
31						

The BodyChangers punch card system has arrived! Now you can get healthy rewards in exchange for healthy activities. Each event on our calendar is worth one hole punch. When your card is full, turn it in for exciting rewards. Please visit our webpage at www.upmc.com/bodychangers for a list of rewards.

Magee's Bariatric (MIS) Support Group:

Wednesday, January 13- "Psychological and Emotional Well-Being Through Your Weight Loss Journey" with Wynne Lindblad, MD / Alexis Fertig, MD Cope Program. Feel free to bring a friend, family member, or loved one who is supporting you throughout your weight loss journey. This event is free and there is no pre-registration is required

Shape Training:

Saturday, January 16 – Come celebrate the New Year with a kick-off event at SHAPE Training. This is a complimentary class to get your new year started off right! No more resolutions, you have GOALS and we are going to help get you there! Located across from Whole Foods on Centre Ave., Shape Training sits on the boarder of East Liberty and Shadyside in between Baum Blvd and Centre Ave. Parking is available on Commerce St. * Please register at: <https://clients.mindbodyonline.com/classic/admhome?studioid=186632>. Follow the link and create an account. Once your account is created, click on the tab "classes" and locate BodyChangers for the class and select the desired date. For questions, please call: 412-996-5016. **5788 Commerce St Pittsburgh, 15206**

Mind Over Body:

Wednesday, January 20 Join lifestyle behavior coach Barb Penner for a group session designed to help promote strategies for permanent weight control. **Pre-registration is required via Classes and Events page.** Please register by visiting our website classes.upmc.com and search for *Mind Over Body*. **Magee-Womens Hospital of UPMC, Room 5600.** Session fee = \$10.

Mission Nutrition:

Thursday, January 21-Join us for an interactive class focusing on the importance of nutrition and how it relates to overall health. This class, led by Catherine Grimes will provide you with insight on goal setting, choosing recipes, and eating well for life. Friends and family members are welcome to attend. This event is free but pre-registration is required. Please register by January 18 by emailing us at bodychangers@upmc.edu. **Magee-Womens Hospital of UPMC, Conference Room 2131.**

Life After Weight Loss Support Group:

Wednesday, January 27- "Getting back on Track" With Renee Rogers, PhD and a special guest. Family members and friends are welcome to attend. This event is free and there is no pre-registration required. **Magee-Womens Hospital of UPMC, Conference Rooms A & B.**

PrepAbility:

Saturday, January 30—Participants will prepare three full meals and take home nine portions. This class is created by students in the Nutrition and Dietetics program at the University of Pittsburgh, School of Health and Rehabilitation Sciences. The event is limited to 12 people and is \$35. Please register by January 25 by visiting our website classes.upmc.com and search for *PrepAbility with Magee-Womens Hospital of UPMC*. Please indicate any allergies prior to registration. **Forbes Tower, 3600 Forbes Avenue, Oakland, 15213, Room 4063.**

For questions, e-mail us at bodychangers@upmc.edu or call 855-BODY-CHG

This calendar is subject to change

www.upmc.com/bodychangers

[www.Facebook.com/bodychangers](https://www.facebook.com/bodychangers)