**1-3-18 (WED) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: NEW YEAR NEW YOU

**1-3-18 (WED) SGM**

TIME: 5-6 PM

TOPIC: RELAPSE PREVENTION

**1-5-18 (FRI) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: PLAN YOUR ROUTE TO SUCCESS

**1-10-18 (WED) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: FOOD AND MOOD

**1-10-18 (WED) SGM**

TIME: 5-6 PM

TOPIC: STRIVE TO SUCCEED

**1-12-18 (FRI) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: MEAL PLANNING

**1-17-18 (WED) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: PLATEAU CHECKLIST

**1-17-18 (WED) SGM**

TIME: 5-6 PM

TOPIC: ADDICTION

**1-19-18 (FRI) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: PLATEAUS AND REGAINING MOTIVATION

**1-24-18 (WED) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: MOTIVATION MAINTENANCE

**1-24-18 (WED) SGM**

TIME: 5-6 PM

TOPIC: IMPORTANCE OF SUPPLEMENTS

**1-26-18 (FRI) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: EXERCISE IS FUN

**1-31-18 (WED) BROWN BAG SGM**

TIME: 12-1 PM

TOPIC: WINTER WOES

**1-31-18 (WED) SGM**

TIME: 5-6 PM

TOPIC: BACK ON TRACK