WEIGHT MANAGEMENT CENTER
ONLINE CLASS SCHEDULE

Each week classes will rotate depending on your program. At the designated time and day listed select the red icon to start your class. Classes will require access to the internet and use of your desktop, laptop or smartphone.

JULY 6-10
New Beginning/My Journey: Nutrition (Class handouts)
StepLITE/Living IT: Exercise (Class handouts)

JULY 13-17
New Beginning/My Journey: Exercise (Class handouts)
StepLITE/Living IT: Behavior (Class handouts)

JULY 20-24
New Beginning/My Journey: Nutrition (Class handouts)
StepLITE/Living IT: Nutrition (Class handouts)

JULY 27-31
New Beginning/My Journey: Behavior (Class handouts)
StepLITE/Living IT: Nutrition (Class handouts)

MONDAY CLASSES:
Noon - 12:45 p.m.

WEDNESDAY CLASSES:
5:30 - 6:15 p.m.

FRIDAY CLASSES
9 - 9:45 a.m.

New Beginning / My Journey
CLICK HERE
To start your class

StepLITE / Living IT
CLICK HERE
To start your class

Missed A Class?
Click the hand to view our recorded classes

You can find the most up to date calendar with active links to join at houstonmethodist.org/weight-management/events