At the designated time and day listed select the red icons below to start your class. Classes will require access to the internet and use of your desktop, laptop or smartphone. All classes are password protected for your safety. If you are unaware of the password please contact your care team.

<table>
<thead>
<tr>
<th>Monday Noon - 12:45 p.m.</th>
<th>Wednesday 5:30 - 6:15 p.m.</th>
<th>Friday 9 - 9:45 a.m.</th>
</tr>
</thead>
</table>
| **SEPT 6-10 NUTRITION**  | **Labor Day - No Live Class**  
Center locations are closed | **Carbohydrates**  
(Class handouts)  | **Carbohydrates**  
(Class handouts) |
| **SEPT 13-17 EXERCISE**  | **Cardiovascular Zones**  
(Class handouts) | **Cardiovascular Zones**  
(Class handouts)  | **Cardiovascular Zones**  
(Class handouts) |
| **SEPT 20-24 NUTRITION** | **Label Reading**  
(Class handouts)  | **Label Reading**  
(Class handouts)  | **Label Reading**  
(Class handouts) |
| **SEPT 27-1 BEHAVIOR**   | **Changing Habits**  
(Class handouts)  | **Changing Habits**  
(Class handouts)  | **Changing Habits**  
(Class handouts) |

**Click here** to add to your personal calendar
**Click here for instructions**

**Missed A Class?**
**Click here** to review our recorded classes

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

**Having trouble logging into class? Click here to check out our FAQ page for trouble shooting**