

To Your Health! A Su Salud! Yearly Schedule

To Your Health! A Su Salud! Intense weight loss course

WEEK 1 (Sunday 3/15): Recruitment, screening and info intake. AHA & KIH (Surveys, screening glucose, cholesterol, blood pressure, BMI.

WEEK 2 (Sunday 3/22): Recruitment, screening and info intake. AHA & KIH (Surveys, screening glucose, cholesterol, blood pressure, BMI.

WEEK 3 (Sunday 3/29): Individual weight loss plan with nutritionist. Collecting fees (\$12/family/month). KIH

WEEK 4 (Wednesday 4/1): Cooking class. SFC, KIH

WEEK 4 (Sunday 4/5): Organize walking groups with Walk Texas Program, PASS presentation. City of Austin, KIH

WEEK 5 (Wednesday 4/8): Cooking class. SFC, KIH

WEEK 5 (Sunday 4/12): Individual counseling with nutritionist.

WEEK 6 (Wednesday 4/15): Cooking class. SFC, KIH

WEEK 6 (Sunday 4/19): Weight loss workshop. KIH (Sonia Coyle)

WEEK 7 (Wednesday 4/22): Cooking class. SFC, KIH

WEEK 7 (Sunday 4/26): Group counseling with nutritionist. KIH

WEEK 8 (Wednesday 4/29): Cooking class. SFC, KIH

WEEK 8 (Sunday 5/3): Diabetes education workshop. AHA with Am Diab Assoc., KIH

WEEK 9 (Wednesday 5/6): Cooking class. SFC, KIH

WEEK 9 (Sunday 5/10): Group counseling with nutritionist. KIH

WEEK 10 (Sunday 5/17): Family Event at a park. Midpoint evaluations. KIH. Recruit prospects of fitness instructors for fitness training with AHA. Food demo with SFC

WEEK 11 (Wednesday 5/20): Aerobic class. KIH

WEEK 11 (Sunday 5/24): Heart Disease Prevention and Go Red For Women workshop. AHA

WEEK 12 (Wednesday 5/27): Aerobic class. KIH

WEEK 12 (Sunday 5/31): Individual counseling with nutritionist. KIH

WEEK 13 (Wednesday 6/3): Aerobic class. KIH

WEEK 13 (Sunday 6/7): Grocery Tour. KIH, AHA

WEEK 14 (Wednesday 6/10): Aerobic class. KIH

WEEK 14 (Sunday 6/14): Group counseling with nutritionist. KIH

WEEK 15 (Wednesday 6/17): Aerobic class. KIH

WEEK 15 (Sunday 6/21): Community Garden workshop. AHA, SFC, KIH

WEEK 16 (Wednesday 6/14): Aerobic class. KIH

WEEK 16 (Sunday 6/28): Working on the Community Garden. KIH

WEEK 17 (Wednesday 7/1): Aerobic class. KIH

WEEK 17 (Sunday 7/5): TBA (church may organize a workshop)

WEEK 18 (Wednesday 7/8): Aerobic class. KIH

WEEK 18 (Sunday 7/12): Family Event- Final evaluation. AHA & KIH (Surveys, screening glucose, cholesterol, blood pressure, BMI. To Your Health! A Su Salud! Maintenance Program

WEEK 1 (1st week of August, TBA): Cooking Workshop. KIH

WEEK 2 (3rd week of August, TBA): Group Support Meeting. KIH

WEEK 3 (1st week of September, TBA): Cooking Workshop. KIH

WEEK 4 (3rd week of September, TBA): Group Support Meeting. KIH

WEEK 5 (1st week of October, TBA): Cooking Workshop.

WEEK 6 (3rd week of October, TBA): Group Support Meeting. KIH

WEEK 7 (1st week of November, TBA): Cooking Workshop. KIH

WEEK 8 (3rd week of November, TBA): Group Support Meeting. KIH

WEEK 9 (1st week of December, TBA): Cooking Workshop. KIH

WEEK 10 (3rd week of December, TBA): Group Support Meeting. KIH

WEEK 11 (1st week of January 2010, TBA): Cooking Workshop. KIH

WEEK 12 (3rd week of January 2010, TBA): Group Support Meeting. KIH

WEEK 13 (1st week of February 2010, TBA): Cooking Workshop. KIH

WEEK 14 (3rd week of February 2010, TBA): Group Support Meeting. End of Program. KIH

