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SATURDAY—JULY 23, 2005

Sunday – July 25, 2004

7:30 – 8:30 Breakfast

The Nazareth Student Center is not open for breakfast on Saturdays and Sundays.

Breakfast on Saturday and Sunday will be brought to Regina Hall and we will be eating in the common room located by the elevators on the fourth floor.

Schedule

Families

8:30 – 9:00 Planning Session

All morning Planning Sessions will be held in the recreation room found on the basement level of Regina Hall. The activities of the day will be outlined during these morning sessions.

Children

9:00 – 9:45 - Meet with Mary, Teresa, MaryFran and Erica to start your day off right.

10:00 – 10:45 The hidden facts in food with Kate, Natsue, Marty and Agnes

Parents

9:00 – 9:45 The hidden facts in food with Kate, Natsue, Marty and Agnes

10:00 – 10:45 Meet with Mary, Teresa, MaryFran and Erica to move your feet

Families

11:00 – 11:30 Communicating new ideas with Francis, Charra, Mary and Marielle

11:30 – 12:30 Lunch at the Nazareth Student Center

12:30 – 1:00 Free period

Children

1:00 – 1:45 Move those feet with Mary, Teresa, MaryFran and Erica

2:00 – 2:45 Nutrient surfing with Kate, Natsue, Marty and Agnes



Parents

1:00 – 1:45 Nutrient surfing with Kate, Natsue, Marty and Agnes

2:00 – 2:45 Move those feet with Mary, Teresa, MaryFran and Erica.

Families

3:00 – 4:00 Survivors in the kitchen with Brenda and Marty

4:00 – 4:30 Free period

4:30 – 5:30 Dinner

5:30 – 6:30 Free period

Families

6:30 – 7:30 Join Fran for juggling your cares away

Tips For Losing And Maintaining Weight

- Eating all day keeps the metabolism fired up and burning calories.
- Moving around is your best defense.
- Portions matter.
- Customize your diet based on your unique needs.
- For maximum weight loss...Eat during the day and diet at night.
- Eat five servings of fruits and vegetables daily.
- Drink 6-8 8oz cups of fluids daily.
- Plan your meals, snacks and don't forget to go grocery shopping.