

HCMBS Support Group Expected Topics: 2017

Facilitator: Joda P. Derrickson, Phd, RDN, ACSM EP-C, Certified Health Coach

Typical Timeframe: 6:00-6:25 PM/Weigh-Ins: 6:30-7:30 PM/Main Topic: 7:30-8:30 PM/Talk Story or 5 min w/RDN

Month	Topic /What you can expect to learn or do	Location (Lead)
Jan 4	Think Thin #1: The Beck Diet Solution <i>Lay the groundwork for a lifetime of diet success</i>	CMC-Wellness (JD)
Feb 1	Think Thin #2: The Beck Diet Solution <i>How to say "No" and overcome sabotaging thoughts</i>	CMC-Wellness (JD)
March 1	Think Thin #3: The Beck Diet Solution <i>Eliminate emotional eating: Staying in control of food choices</i>	CMC-Wellness (JD)
April 5	Recipe #1: Protein Drinks <i>Review diet success: Assist w/ HCMBS Recipe book planning</i>	CMC-Wellness (JD)
May 3	Fitness Field Trip (TBA – Possibly 24 hour fitness-Kaneohe) <i>How to correctly use key strength training machines</i>	Cindy Carvalho, cPFT
June 7	Supplement: Field Trip: Vitamin Shoppe (or Target in Kailua) <i>Explore a untapped supplement resource</i>	46-047 Kam-Hwy Across from Windward Mall
July 5	Recipe #2: Pureed Entrée <i>Explore the new CMC-HCMBS Phone App</i>	CMC-Wellness (JD)
Aug 2	Supplement Field Trip: GNC <i>Try the latest products available at GNC</i>	TBA: 2 or more locations, i.e. Kahala Mall, Pearl Ridge
Sept 6	Recipe #3: Lean & Green <i>In search of the truth about sugar substitutes</i>	CMC-Wellness (JD)
Oct 4	Annual: In-home exercise ideas (CC) <i>Practice new exercises to diversify your home workout routine</i>	CMC-Wellness (CC/JD)
Nov 1	Recipe #4: Health Treats + Clothing Swap <i>Trade tips for enjoying the holidays while losing weight</i>	CMC-Wellness (JD)
Dec 6	Annual Holiday Party <i>Save the date to celebrate our success</i>	TBA (HCMBS Team)

Questions? Call 808.263-5176 or email derricjp@ah.org