

### **Addendum 1. Group Session Schedule of Topics**

<b>Session</b>	<b>Topic</b>
1	Introduction to Lifestyle Change
2	Eating for Health & Weight Loss
3	Eating Routines
4	Prevention/Management of Chronic Medical Conditions, Plus guest lecture (Thyroid & Weight Management)
5	Barriers to Change & Coping Strategies
6	Eating Out and Social Eating
7	Field Trip - Meet at Restaurant
8	Physical Activity & Exercise
9	Stress Management, plus guest lecture (Meditation)
10	The Importance of Sleep
11	Life Balance & Time Management
12	Wrap-up & Review: Planning for Sustained Change