This is a year-long commitment.

The **first 6 months** will be a combination of in classroom and online education. Weeks #1-7 will be in the classroom and then after spring break we will resume the program online using the MyCourses platform.

**First 7 weeks:**

Wednesday January 25th through March 8th, 2017

- In person attendance required
- Class time: 11:30am -12:30 pm

Location: Global Village Bldg. 400 Conference Room 2290

**Next 9 weeks:**

March 22nd through May 17th

- Curriculum will be placed on MyCourses
- Must participate in weekly online discussions

**Last 6 months:**

Meetings will be held once per month in a classroom setting.

July 2017 through December 2017

Location, Date and Times TBD

- Meet once per month for the next 6 months.
- Program ends December 2017

Other requirements (can be self-reported in class or by email)

- Weekly Weigh Ins
- Track Physical Activity Minutes weekly

Questions on the program can be directed to betterme@rit.edu