**** Positive Choice Integrative Wellness Center

 County of San Diego Thrive Five Program Syllabus

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| Counselor: | Melanie Perkins, MS |  | Program Phone Number: | (858) 616-5600 |
| Email: | Melanie.N.Perkins@kp.org  |  | Counselor’s Voice Mail: | 858-519-1429 |
| Day and Time: | Mondays at 5:30pm |  |  |
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| **Date** | **Topic** |
| 1/31/2021  | The New Thrive 5 and Putting Knowledge into Action |
| 2/7/2021  | Energy Balance and Dining Out |
| 2/14/2021 | The Plate Method: Proteins, Fats, Carbs |
| 2/21/2021 | Gut health, Antioxidants, and Superfoods |
| 2/28/2021 | Label Reading |
| 3/7/2021 | Eating Mindfully and Maintaining Motivation |
| 3/14/2021  | Stress and Building Resiliency |
| 3/21/2021  | Grocery Shopping and Meal Prep |

Each class also covers Meditation, Eating with Mindfulness, and Exercise.

Classroom Link:

<https://forms.office.com/r/PjcPkVq1jF>