

WMP Group Schedule April-June 2026

6PM Wednesdays

<https://us06web.zoom.us/j/3266786515>

(unless otherwise specified)

Date	Topic	Presenter
April 1, 2026	Nutrition	Annemarie Joerres, RD
April 8	CANCELLED	
April 15	Movement	Tara De Leon, MS, CSCS, RSCC
April 22	Mindset	Chetna Sethi, PhD
April 29	Nutrition	Annemarie Joerres, RD
May 6	Behavior	Lesli Baker, LCSW-C
May 13	Movement	Tara De Leon, MS, CSCS, RSCC
May 20	Mindset	Chetna Sethi, PhD
May 27	Nutrition	Annemarie Joerres, RD
June 3	Behavior	Lesli Baker, LCSW-C
June 10	Movement	Tara De Leon, MS, CSCS, RSCC
June 17	Mindset	Chetna Sethi, PhD
June 24	Nutrition	Annemarie Joerres, RD