

***Blue Horizon IOP Adult Program***  
***Evening Adult Program SAMPLE SCHEDULE***

<b>Times</b>	<b>Monday</b>	<b>Wednesday</b>	<b>Thursday</b>
5:00 – 6:15	Meditation/Process Group		Meditation/Process Group
6:15 – 6:30	Pre-Meal Process	6 – 8: adult/adolescent group	Pre-Meal Process
6:30 – 6:45	Break		Break
6:45 – 7:15	Dinner		Dinner
7:15 – 7:30	Post-Meal Process		Post-Meal Process
7:30 – 8:30 p.m.	CBT/DBT Group		Nutrition Group