

A New You

The goal of this program is to help individuals develop new attitudes, set goals and learn skills for healthy, pleasurable living.

Learn to:

- * Shift from a weight-centered to a health-centered approach
- * Recognize your eating style and how it affects your eating habits
- * Cope with emotions without using food
- * Identify outrageous portion sizes
- * Honor your hunger with gentle nutrition
- * Enjoy physical activity every day
- * Set achievable fitness goals
- * Recognize the power and illusion of media messages related to body image
- * Respect body-size diversity – yours and others
- * Appreciate yourself for all your assets and strengths

Program Description

A New You: Health for Every Body is taught *in ten 55-minute sessions over the noon hour beginning November 29.*

You will receive:

Intuitive Eating (book)

Fitting in Fitness (book)

Stretch bands for strengthening and toning muscles

Personal notebook for journaling and self-reflection

Notebook for handouts

New ideas and skills

Registration Information

- ◆ Cost is *\$XX for all 10 sessions. A \$XX refund is offered for attending all 10 sessions and completing evaluations*
- ◆ Pre-registration is required
- ◆ To register, use the form on this brochure and return with your check
- ◆ Registration deadline is *Friday, November 14*
- ◆ Class size is limited
- ◆ Enrollment is on a first-come basis
- ◆ Registrants will be notified by *November 19* if they are enrolled or on the waiting list
- ◆ Enrollees will receive information on locations and times

Health for Every Body