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

A New You

Health for Every Body