Learn how to:

* Shift your focus from weight to health
* Cope with emotions without using food
* Honor your hunger with gentle nutrition
* Enjoy physical activity every day
* Respect body-size diversity – yours and others

Join our 10-week lunch hour classes starting November 25.

For registration information, contact Name at phone. Registration deadline is November 14.
(Note: Class size is limited. Participants enrolled on a first-come basis.)