

A New You



Health for Every Body

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.)

