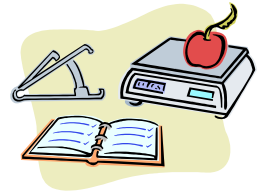


**TIRED OF DIETING?
FRUSTRATED BY REGAINING WEIGHT
YOU LOST?
WANT TO FIND PEACE WITH YOUR
BODY AND HEALTH?**



***KNOWLEDGE IS POWER!
4J IS OFFERING A PROGRAM TO HELP***

TITLE: *Coping with Eating*
DATES:
TIME: ***2007 SESSION TO BE ANNOUNCED SOON***
WHERE:

Facilitated by Monica Miller, registered dietitian
in conjunction with Mary Joy Sahara, RN & Cascade Health Solutions

This class includes information on:

-  - How Your Body Regulates & How You Can Help Your Body Regulate Itself
-  - Your Eating Environment: How It Can Help/Hinder You
-  - Eating for Emotional Reasons - What Sets You Off
-  - Healthy Eating For Life
-  - What Makes a Good Meal - What Works For You

This program is open to all benefits-eligible employees and their dependents. The only cost is a \$20 materials fee, which is **fully refunded if you complete the class series.**

Registration Info to be Announced Soon!