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

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<th>TITLE:</th>
<th>Coping with Eating</th>
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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!