

## Healthy Living Classes – Class Description

### Craving Change™

- A how-to workshop for changing your relationship with food. If you struggle with your eating habits, eat for comfort or in response to emotions, this three-session workshop is for you.
- Understand WHY you eat the way you do.
- Learn how to cope with emotional eating and feel more in control of your eating.
- Cost \$25 for the three-week session.

### Grocery Store Tour - Become A Skilled Shopper

- Become a smart and savvy shopper during this fun and interactive Grocery Store Tour. Tour your local grocery store and learn to read food labels and make the best food choices for you and your family. (*maximum of 5 participants per tour*)
- Free of charge.

**WEIGHT WISE EDUCATION CLASSES:** *Choose to attend one, two or all of these classes on weight management. What are you ready to learn about? Classes are FREE of charge.*

### Getting Started - Getting Started: Planning for Success

- Learn about obesity - definition, causes, and treatment options including bariatric surgery.
- Learn about how obesity impacts your life and health.
- Learn ways to record what you eat, how active you are and how you are feeling emotionally.

### Eating: Calories - Finding Balance: The Role of Calories in Weight Management

- Learn about the top five ways to lower calories and practice strategies in class.

### Hunger - Managing Hunger and Appetite

- Explore the difference between hunger and appetite.
- Practice techniques to manage appetite triggers and social pressures.

### Activity - Moving Matters: Including Physical Activity in Your Day

- Explore the benefits and barriers to being more active.
- Receive tips on how to get more physically active.
- Set your own personal activity goals.

### Eating: Truth - The Truth About What Works in Weight Management

- Evaluate what you are eating and learn strategies that can help lower your calories.
- Explore how meal patterns, food choices and portion size affect calorie intake.
- Learn about which foods can help you manage your weight.

**Eating: How - I Know I Should Eat Healthy, But How?**

- Leave with tips on how to put your nutrition knowledge into practice.
- Explore the four P's: **Plan, Purchase, Prepare and Pack.**

**Eating: Out - Eating Away From Home and During Special Occasions**

- Learn how buffets, parties, vacation and holiday eating can affect calorie intake.
- Leave with strategies to minimize extra calories when eating away from home and during special occasions.

**Minding Stress: Effectively reduce and manage stress in your life (two consecutive sessions)**

- Discover the hidden costs of stress; explore what causes you stress and what you can do about it.
- Opportunity to learn about and experience effective stress-management techniques.
- Uncover the world of Mindful Eating.

**Please contact Nancy at 780-402-8172 to register or for more information.**

**Details regarding class locations and directions will be provided upon registering.**

**Due to space restrictions, a maximum of only 18 people can attend each class.**

**Should there be less than 8 participants registered, the class may be cancelled.**

## April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
		<b>Eating: Calories</b> 6:30-9:00 PM	<b>Eating: How</b> 6:30-9:00 PM			
15	16	17	18	19	20	21
		<b>Eating: Truth</b> 6:30-9:00 PM	<b>Eating: Out</b> 6:30-9:00 PM			
22	23	24	25	26	27	28
	<b>Stress 1</b> 6:30-9:00 PM		<b>Grocery Store Tour 7-9 PM</b>			
29	30					
	<b>Stress 2</b> 6:30-9:00 PM					

## May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
		<b>Getting Started</b> 6:30-9:00 PM				
13	14	15	16	17	18	19
		<b>Eating: Calories</b> 6:30-9:00 PM				
20	21	22	23	24	25	26
		<b>Activity</b> 6:30-9:00 PM				
27	28	29	30	31		
	<b>Eating: Truth</b> 6:30-9:00 PM					

## June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
	<b>Eating: Out</b> 6:30-9:00 PM	<b>Grocery Store Tour 7-9 PM</b>				
10	11	12	13	14	15	16
		<b>Eating: How</b> 6:30-9:00 PM	<b>Craving Change</b> 6:30-9:00 PM			
17	18	19	20	21	22	23
	<b>Hunger</b> 6:30-9:00 PM		<b>Craving Change</b> 6:30-9:00 PM			
24	25	26	27	28	29	30
			<b>Craving Change</b> 6:30-9:00 PM			

## July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 <b>Stress 1</b> 6:30-9:00 PM	11	12	13	14
15	16	17 <b>Stress 2</b> 6:30-9:00 PM	18	19	20	21
22	23 <b>Getting Started</b> 6:30-9:00 PM	24	25	26	27	28
29	30 <b>Eating: Calories</b> 6:30-9:00 PM	31				

## August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 <b>Activity</b> 6:30-9:00 PM	9	10	11
12	13 <b>Grocery Store Tour 7-9 PM</b>	14	15 <b>Eating: How</b> 6:30-9:00 PM	16	17	18
19	20	21 <b>Eating: Truth</b> 6:30-9:00 PM	22	23	24	25
26	27	28 <b>Eating: Out</b> 6:30-9:00 PM	29	30	31	

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