

Stress & Emotional Eating

Lifestyle Solutions to Healthy Eating and Weight Loss

Cindy Lind M.S. Counseling, Specialty: Emotional Eating
Kerry Bacon B.S. Dietetics / Food Administration

WEDNESDAY EVENING
NOVEMBER 12
6:30 - 8:00 pm

FREE

Stress and emotional eating can cause us to lose control and reach for comfort foods. Simple lifestyle changes will lead to better health and permanent weight control. This one-night class helps with strategies to eliminate overeating for a lifetime!

This '**Stress Buster**' class will help you:

- Understand emotional eating vs. physical hunger
- Gain new ideas on food substitutions and cheating
- Survive the holidays without fear of gaining weight

Boundaries & Relationships

"Where You End and I Begin"

Barbara Brown, LICSW and Laurence Hill, LMHC

WEDNESDAY EVENING
NOVEMBER 19
6:30 - 8:00 pm.

FREE

A one-night workshop to improve your relationships by learning new techniques to set clear boundaries for yourself and others. Healthy limits enhance trust and intimacy. There are different types of relationship boundaries so this workshop is for people who have spouses, children, parents, and neighbors. Everyone can improve their relationships by understanding healthy boundaries!

This class is provided to the community through special funding via Bear Creek United Methodist Church. **There is no fee to participate.**

Call to register; space is limited. Childcare is available with pre-registration

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