



Have you been looking for a **non-diet approach** that will help you achieve and maintain a healthy weight?
Tired of **yo-yo-dieting**?

Join us for

Mindful Eating

Thursday
January 16th

12:00 – 1:00pm

City-County Building
Room 426
316 N. Park Avenue
Helena, MT

Mindful Eating is not a diet. It is a balanced, intuitive approach to food and exercise. It will help you reconnect to your body and listen to the messages it sends.

If you are looking to find both nourishment and enjoyment in food, and feel good about yourself, this is your class!

Questions?

Please contact CareHere Health Coach Julaine Beatty at jbeatty@carehere.com or call 877-866-6430 ext. 549.



Nutrition

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