

# YOGA for eating



## Healing Your Relationship with Food

Do you eat on the go? Do you find yourself turning to food when feeling stressed or sad? Do you fight a battle with your body each day, instead of feeding its needs in a healthy way?

This September, you can start breaking those unhealthy eating habits and get your mind and body in balance – without dieting! Yoga for Eating, a 10-week class series, is led by registered dietician Debra Benfield, M.Ed., R.D., LDN, and Registered Yoga Teacher Angela Gallagher. It combines nutrition education with yoga practice to help you:

- Learn to listen to your body and know when you're hungry and satisfied
- Start using food to nourish yourself – not get the perfect body
- Tell the difference between physical and emotional hunger
- Talk with other women who want to eat and feel better
- Make smart food choices that lead to lifelong healthy eating

**Dates:** September 13, September 20, September 27, October 4, October 11, October 18, October 25, November 1, November 8, November 15

**Time:** 5:30-6:30 p.m.

**Location:** Community Rooms I & II, Sara Lee Center for Women's Health

**Cost:** \$75

### Ready to start eating better?

For more information or to register, call Health Connections at 336-718-7000. Class size is limited to 15 participants, so call today!



*SaraLee*

**Forsyth** MEDICAL CENTER  
CENTER FOR WOMEN'S HEALTH