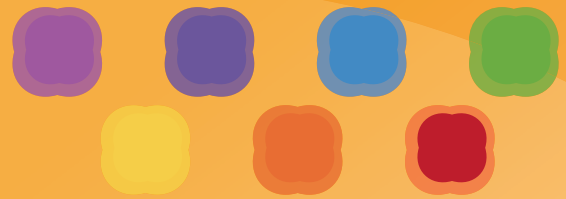


YOGA for eating



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 19, September 26, October 3, October 10, October 17, October 24, October 31, November 7, November 14, November 21

Time: 4 to 5 p.m.

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

Cost: \$75 for one person; or bring a friend and you can both attend for just \$100

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