

Healthy Bodies, Healthy Minds



Adult Educational Workshop

This is a 4 week workshop for adults who are interested in discovering how your emotions and daily stressors affect food choices and eating patterns. You will gain a better understanding about yourself, your goals and your emotional connection with food.

This Workshop will address the following topics:

- **Learning how to identify the feelings that promote poor eating habits**
- **Choosing healthier coping skills to deal with these emotions**
- **Developing stress management skills**
- **Exploring different food options**
- **Learning about portion control**
- **Understanding weight-management and nutrition**
- **Developing personal weight-loss strategies**

Through activities and education, you will be encouraged to improve food choices, create healthier life style habits and gain awareness of the mind/body connection. Here is a chance to invest in your health and take time for you.



Healthy Bodies, Healthy Minds is led by **Dena Otrin**, Licensed Professional Counselor and **Amy King**, Registered Dietitian.

The workshop will be held for 4 consecutive weeks beginning Monday June 28, 2010 from 6:00pm to 8:00pm at **Bayside Counseling** in Westbrook, CT. Space is limited! Call 860-399-9500 for questions or visit our website at www.baysidecounseling.net for the registration form. Self pay is \$60.00 per session. State and private insurances accepted.

Invest in yourself today!