

Learn to appreciate life again...

# REDUCE YOUR WEIGHT, RETRAIN YOUR BRAIN

For our busy minds and our somewhat rebellious bodies, there is a solution...

This class is specifically designed to help you reduce both your weight *and* your stress.

It gets to the root of the problem by combining the South Beach Diet with a stress reduction class developed at the University of Massachusetts Stress Reduction Program.

Wouldn't it be nice to learn how to live *not* having our buttons pushed? To not have emotional outbursts? To find the peace and calmness to work with crisis situations? [learn more...](#)

This class can help you:

- get started quickly
- lower blood sugar
- reduce cholesterol
- ease emotional eating
- work with cravings
- reduce your weight
- improve digestion
- finally succeed

*and be gentle with yourself...*

Retrain your brain....

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## CAPE STRESS REDUCTION

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# REDUCE YOUR WEIGHT, RETRAIN YOUR BRAIN

**This weight oriented mindfulness class can give you the support you need to work with the South Beach diet while reducing your stress and enhancing your wellbeing.**

## Start with the South Beach Diet

The class will explain the basis of the South Beach Diet and how to reset the body's metabolism. Implementing the plan between the first and second classes, we will work to support the diet each meeting. And we'll learn to customize the plan.

But anybody can read a diet book, so we will also explore the practice of mindfulness.

## Mindfulness-Based Stress Reduction

This portion of the classes is primarily experiential, learning the practices of mindful sitting (a kind of meditation scientifically shown to reduce stress), mindful movement (gentle slow stretching), mindful walking, and mindful eating. All are developed in the classes and then practiced at home (using CDs for guidance). This becomes the core of a new way of paying attention. The rest of the instruction works with how we can use these mindfulness skills to ease our stress, integrating it into our daily lives, and applying it to our relationship with food.

Acquiring the tools to lead calmer, more balanced lives, and folding in new approaches to nutrition, we can choose healthier dietary regimes for ourselves, reducing our weight in a safe and effective manner.

The classes are a wonderful opportunity to slow down and take care of ourselves in a compassionate and supportive environment.

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[Click here for Class Schedules](#)