

Weight & Stress

Reduce your Weight, Retrain your Brain

Come any Wednesday · 9:30-11:00 AM · \$25 · 40 Industry Rd., Marstons Mills

So many of us are having problems with:

- Emotional eating, overeating, yo-yo dieting...
- Rebellious bodies: physical and emotional symptoms...
- High cholesterol, elevated blood sugar, high blood pressure
- Job, family or relationship stress
- Runaway emotions, emotional outbursts... angry, sad, anxious...
- Not enough time, too many obligations or responsibilities...

This is about taking care of ourselves first,
to then take care of others;
with an introduction to *relaxation* and *mindfulness*.

We *can* learn how to work with emotional eating, food cravings,
and the seeming lack of willpower or staying power.

We can learn how to be compassionate with ourselves.

This introductory class is limited to 15 participants.
Pre-registration is required · Sign up early

Learn to appreciate life again...

Call for more information 508-420-3300

[Click here for the web site](#)

[Click here to register](#)