

AFTER you've done every diet,
BEFORE you head down the same destructive, guilt-ridden path,
WHILE you still believe there's a solution for getting strong and staying healthy...

Join us as we present ...

“Discovering Your Healthy Hunger - How to Stop Eating Your Feelings”

When you **search outside** yourself for a solution to your battle with the scale, it remains elusive.
When you **search inside** yourself, you discover puzzle pieces--pieces that may be fractured, frayed or chipped. You have no idea how to put them back together.

This 10-week group program will give you the tools you need for puzzle piece repair, as well as guidance on fitting them together...one, single piece at a time.

Program Facilitators:

Cathy Leman, MA, RD, LD – Cathy is a registered, licensed dietitian, certified as a personal trainer, and holds a masters degree in health psychology. She is the founder and president of **NutriFit, Inc.**, a nutrition counseling practice and personal training/fitness studio located in Glen Ellyn. Cathy works individually with clients in her private practice and conducts worksite nutrition programs for businesses throughout the Chicago area.

Katherine Walker, MHRM, MS, LCPC, NCC – Katherine is the founder and executive director of **Lifetime Behavioral Health**. She has devoted over 15 years of her career to helping others resolve personal and professional issues, prepare for and understand significant life changes, and obtain work life balance.

Valerie Cocar, BA – Valerie serves as a Clinical Intern at Lifetime Behavioral Health. She is currently pursuing her MA in Mental Health Counseling at Trinity International University.

September 15, 2011 – November 17, 2011

Thursdays, 7:00 – 8:30 p.m.

Lifetime Behavioral Health
The Health and Education Center
550 E. Washington Street
West Chicago, IL 60185

Program Content:

- Week 1: ***Life Doesn't Start 10 Pounds from Now***
- Week 2: ***Mindfulness Is the Best Seasoning***
- Week 3: ***Understanding Your Body Image Story***
- Week 4: ***Re-writing Your Body Image Story***
- Week 5: ***Emotional Eating: Peeling Back the Layers***
- Week 6: ***Emptying Your Emotional Garbage Can***
- Week 7: ***Are You Stuffing Your Feelings?***
- Week 8: ***What's Your Fear Factor?***
- Week 9: ***Are You in Charge or in Control?***
- Week 10: ***Staged for Success***

Seats are limited!

Register before August 15 and save!

Before August 15, 2011, **\$350** / After August 15, 2011, **\$400**

Cost includes: all materials, group support and camaraderie, homework to keep you engaged and motivated, more than 30 years of experience in the fields of nutrition, fitness, disordered eating, eating disorders, self-esteem, and body image.

