Less of THIS...

More of THIS!

Healthy Lifestyle Workshop Series

**Sept 19: Feeling unmotivated?**
Uncover your motivation, identify common obstacles, brainstorm solutions. Make realistic goals to set yourself up for success.

**Oct 3: From Emotional Eating to Mindful Eating**
Recognize when you eat to soothe emotions. Practice mindful eating instead.

**Oct 10: Using Cues for Mindful Eating**
Recognize what cues lead to mindless eating. Use mindful eating to avoid traps.

**Oct 24: Tricks to Get More Active**
Learn tips and tricks to add more physical activity to your life and stick with it.

**Nov 7: Sleep**
Learn strategies to wind down at night, fall asleep quicker, and stay asleep longer.

**Nov 21: Stress Management**
Recognize stress signs and triggers. Use strategies to cope more effectively.

**Where, when, how much:** RIMG 2nd floor, selected Tuesdays 5-6:30pm. $35/each or $180/series.

**To Register:** Call Tierra Matthews (301-762-5020 ext 3040)