

**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 2<sup>nd</sup> floor, selected Tuesdays 5-6:30pm. \$35/each or \$180/series.

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