



Learn How to Eat, Drink and be Healthy
Meets Every Monday January 23rd – April 2nd 2012 6:30 PM

This series runs 12 weeks and will include
Personalized meal plans, body composition testing, measurements, blood pressure, weights, guidebooks, group sessions and individual appointments

Group meets one week with Cindy Crandell RN CN for Lifestyle Class
and meets alternative week with Jennifer Place (Prof. Counselor)
for Mindful Eating Strategies

Intake individual appt baseline assessment & development of personalized meal plan, measurements, weight, blood pressure and body composition testing.

Intro & You're Doing the Right Thing - Cindy

Mindful Eating - Jennifer

Supermarket Shopping Strategies & Tour- Cindy

Self-Sabotage - Jennifer

Eating, Exercise, Energy & Metabolism & Exercise for Life

Individual appt- nutritional modification, supplement review, exercise and stress assessment, body composition, measurements, and blood pressure check ***free Bio Matt Session***

Family Dynamics - Jennifer

Stress Solutions & Real World Eating - Cindy

Strategies for Handling Triggers - Jennifer

Vitamins & Minerals & Detoxification - Cindy

Individual appt – nutritional maintenance plan, supplement review, exercise and stress management plan review, body composition test, measurements, evaluate progress, customized maintenance plan.

This class is perfect for anyone who wants to **learn how to lose weight and develop smart ways to live well**. It is also great for those who struggle to stay on track, may have insulin resistance, high cholesterol or triglycerides, high blood pressure, increased waist circumference and are at risk for coronary heart disease and or type 2 diabetes.

If you would like to attend please call to register at **248-766-2210**. Cost \$335.00 per person, register and receive a **free brain assessment** with Attuned Minds & refer a friend and receive a **free bottle of Omega 3 EPA/DHA**.