

Women, are you through with Dieting?

If you are experiencing any of the following symptoms you may be experiencing the repercussions of dieting:

- last supper mentality
- end of diet bingeing
- loss of trust around food
- feeling that you don't deserve to eat
- desperate for a quick fix
- withdrawal from activities
- slowed metabolism/weight regain
- using caffeine for energy
- manifestation of eating disorders



**Rockwell
Collins**

Recreation Center

Reconnect with Food and Exercise this Winter

Mindful and Intuitive Nutrition and Exercise (M.I.N.E.)

Interested? Plan to attend the Informational Meeting on
Monday, December 3 at 11:20AM in the Fitness Classroom

Classes held Tuesdays and Thursdays at 11:20 AM–12:15 PM in Fitness Classroom

January 3 - February 14

Learn to Eat and Exercise Mindfully and Intuitively. Class fee - \$144

Taught by Sandy Holterhaus, RDN, LD and Heidi Winterowd

Class is open to Rockwell Collins Recreation Center members and eligible non-members
(non-members must pay a 2-month membership fee to attend).