



Intuitive Eating Weight Management Class

Key class/lecture topics:

Mercy Center for Weight Reduction's Intuitive Eating program—led by Katie Kruger, R.D., L.D.—is designed for the “chronic dieter” and covers the Ten Principles of Intuitive Eating, including:

- Reject the Diet Mentality
- Honor Your Hunger
- Make Peace with Food
- Challenge the Food Police
- Respect Your Fullness
- Discover the Satisfaction Factor
- Honor Your Feelings Without Using Food
- Respect Your Body
- Exercise—Feel the Difference
- Honor Your Health

Class information:

- Date: The next 12-week series begins Monday, May 3
Time: Every Monday from 5-6 p.m.
Location: YMCA Healthy Living Center,
12493 University Ave., Clive
Cost: \$120 for Mercy employees
and YMCA members,
\$180 for general public
(fee includes *Intuitive Eating* book)

To register or for more information, please call
Mercy Center for Weight Reduction
at (515) 643-0606 or
visit [www.mercydesmoines.org/
weightreduction](http://www.mercydesmoines.org/weightreduction)