



What to Do When Diets Don't Work

Have you tried diets only to find that weight returns? If you are convinced that diets don't work, you'll find this common sense and intuitive approach to food a welcome gift to yourself.

Psychologist, professor, and wellness specialist, Dr. Lori Boothroyd, guides a fresh approach to a lifestyle that supports your weight loss goals while enjoying food. Using the "Am I Hungry" curriculum (text included), you'll explore many factors that influence what we eat, how we move, and the weight we carry. Learn about eating cycles, energy production, motion, and mindfulness; and gain realistic and ready-to-use strategies.

Register for the 8-week program at a savings; or for 4-week segments.

Part I: Get a Jump-Start Code: 5741

(prerequisite for Part II)

4 Mon., Oct. 5-26, 5:30-7 P.M.

Cost for Part I: \$210

Part II: Maintain Your Momentum Code: 5743

4 Mon., Nov. 2-23, 5:30-7 P.M.

Cost for Part II: \$165

Both meet in University Center Rm. 218 (Cass Rd.)

Save \$10 when you register for both at once: \$365

Lori Boothroyd, Ph.D., is a licensed psychologist and an ICF professional certified coach specializing in wellness and holistic health. She has taught courses and seminars for graduate school and corporate wellness programs and is an adjunct associate professor in the Holistic Health Program at Western Michigan University. She is co-author of the book, *Going Home* which looks at eliminating self-defeating behaviors.



Registration Form - Am I Hungry? code: 5741 code: 5743

Name _____ Birthdate _____

Street/City/State/Zip _____ County _____

Phones: Day _____ Home _____ Cell _____ Male Female

email address _____

Method of payment: Cash Check (Payable to NMC) I'm eligible for the LIFE Discount (Age _____)

VISA, MasterCard, Discover No. _____ CCV (3-digits on back of card) _____

Cardholder's Name _____ Exp. Date _____

There are three ways to register:

In Person: EES Office at NMC's University Center Campus, Cass Road, between 14th St & S. Airport Rd.

Phone (credit card only): 231-995-1700 or 800-748-0566, ext. 1700

Mail: NMC-EESD, 1701 E. Front Street, Traverse City, MI 49686-3061

NOTE: We do not mail receipts/confirmations. Please call to verify that your registration has been received.

Refund Policy - A 100% refund will be given if a request is made three (3) business days prior to the first class.