

# Healthier You in 2018

Many people start the New Year with the best of intentions, determined to lose weight, get in shape, and eat healthier only to give up on those goals by Valentine's Day. Change is hard, and it's even harder going it alone. Get the information and support to help you reach your goals this year with this 8-week course led by registered dietitian and MU Extension Nutrition Specialist, Sarah Wood. Each week, we will discuss topics that will help you on your healthy living journey. Topics include:

- Nutrition and macronutrient needs
- Strategies for success
- Dispelling diet and fitness myths
- Emotional eating and improving your relationship with food
- Overcoming obstacles
- Health at every size

## **Class Information:**

**When:** Mondays at 8:30-9:30 AM OR 5:30-6:30 PM, beginning January 22, 2018

**Where:** Northwest Technical School; 1515 South Munn, Maryville, MO

**Cost:** Only \$10 for the entire 8 week series!

Call 660-582-8311 to sign up today!

YOUR **SOURCE** FOR  
PRACTICAL EDUCATION  
ON **ANYTHING**  
ALMOST