Change your life one BITE at a time!

Looking for ways to improve the quality of what you eat? Or are you trying to balance calories to reach a healthy weight? Whether you need a total diet makeover or just a tweak here and there, Healthy Eating Every Day is the answer for you!

Different from most eating programs, Healthy Eating Every Day empowers you to change your eating habits—for a lifetime!

With a simple, fun, whole-diet approach you will learn these processes:

✓ Identify and cope with triggers for poor eating.
✓ Eat well when dining out.
✓ Go shopping for healthy foods within your budget.
✓ Read and understand food labels and ingredients.
✓ Eat a balanced diet that includes foods you enjoy.

Healthy Eating Every Day uses step-by-step sessions that will teach you how to make these simple changes. It’s easier than you think. Healthy Eating Every Day will get you on track and help you stay there. Please join us!

Healthy Eating Every Day
Date: Monday, October 2
Time: 12:00 p.m.- 1:00 p.m.
Location: Aux. Dining Rm, OCC
Cost: $35.00
(Includes class, HEED book, and access to the HEED Web site and online study guide.)

For more information or to register, contact Karen Treat at ktreat@luthersem.edu.

ACTIVE LIVING partners