



# Lighten Up

## Weight Management Class

Want to learn key concepts that empower you to choose foods both nourishing and satisfying? Interested in learning tools to help you maintain a life-long healthy weight? Register for our 8-week educational series and Lighten Up!

**Free web-based class taught and developed by a PEHP Registered Dietitian. Course topics include:**

- » Nutrition Basics
- » Healthy Cooking and Meal Planning
- » Grocery Shopping Basics
- » Dining Out and Sensible Snacking
- » Behavior Change
- » Physical Activity
- » Emotional Eating
- » The Weight Loss Plateau/ Roadblocks and Speed Bumps

### 2022 Schedule

Jan. 10 – March 4  
May 16 – July 8  
Sept. 19 – Nov. 11

[Register here](#)

and receive course material by email. Includes live and recorded webinars!