

# New Year New Me: Slimming Services for 2016

*Group sessions and Times (no more than 6 per session)*

	January Dates	February Dates
<p><b>Food and Mood</b></p> <p>2½ hour interactive session discussing the facts behind eating habits and nutrition and the influence it can have on how we think and feel.</p>	<p>Saturday 9<sup>th</sup> 10.00am - 12.30pm</p> <p>Tuesday 12<sup>th</sup> 6.00pm - 8.30pm</p>	<p>Thursday 4<sup>th</sup> 6.00pm – 8.30pm</p> <p>Saturday 13<sup>th</sup> 10.00am- 12.30pm</p>
<p><b>A Taste of Mindfulness</b></p> <p>2½ hour introductory session outlining how mindfulness and self awareness can help us understand and control food cravings, eating habits and portion size to improve nutrition and diet</p>	<p>Saturday 9<sup>th</sup> 2.00pm - 4.30pm</p> <p>Tuesday 19<sup>th</sup> 6.00pm – 8.30pm</p>	<p>Thursday 11<sup>th</sup> 6.00pm- 8.30pm</p> <p>Saturday 13<sup>th</sup> 2.00pm – 4.30pm</p>
<p><b>Body Image and Eating</b></p> <p>2½ hour session exploring attitudes and feelings towards our bodies and the food we eat. Examine how images and messages from the media influence and impact on self-esteem and self worth. Practice skills that help encourage a more self-accepting attitude towards body and eating</p>	<p>Saturday 16<sup>th</sup> 10.00am-12.30pm</p> <p>Tuesday 26<sup>th</sup> 6.00pm – 8.30pm</p>	<p>Tuesday 2<sup>nd</sup> 6.00pm – 8.30pm</p> <p>Saturday 6<sup>th</sup> 10.00am – 12.30pm</p>

**Prices: £25 per session: 2 sessions for £35: 3 sessions for £50**

*Delivered in private, comfortable home environment Contact [dawn@dietwise.co.uk](mailto:dawn@dietwise.co.uk) 07928248727 for further details of sessions, payment and location*