



Did I really just eat that?

the silent skills that impact physical health & weight loss

WEDNESDAY, October 17 • 7-8 PM

New Life Lutheran Church • 910 S. Old Rand Rd. • Lake Zurich, Illinois

While portion control and healthy food choices are essential in physical health and weight loss, a crucial element that is often overlooked is what lies beneath: mood and stress level!

This presentation will explore the more “silent” factors related to physical health and weight loss, as well as introduce practical and easy-to-implement skills relating to boosting mood and managing stress levels, and their effect on physical wellness. This presentation goes beyond the common health regime—it explores our relationship with food, our bodies, and how our mental/emotional state might be one of the most powerful tools to utilize in overall wellness.

- All are welcome to attend this hour long presentation.
- Presentation will take place at church.
- Refreshments will be provided.
- Call (847) 438-5018 if you have any questions.

