

Mindful Eating WEIGHT CLASS

By West Wichita Family Physicians, P.A.

2017

Facilitated by Gretchen Strathe RD,LD

Registered and Licensed Dietitian

You are invited to participate in a 10-week weight management program. These classes will emphasize a more holistic approach to weight loss, including diet and exercise, but even more so, behavior modifications for lasting changes. Classes will last for 1 hour and will cost \$20 per class.

Course Schedule

Introduction: obesity trends, the hunger experience, and mindful eating

The four eating patterns: seven points of intervention to make change

Motivation to change: label reading, meal planning, and a grocery guide

Exercise: in coordination with Advanced Physical Therapy

The weight loss window: five goals for better managing appetite

Overeating: maintain control while using anti-deprivation eating

Choosing wisely: the five nutrients, cues for eating, food records

Effective emotional eating: how to use food effectively

Food awareness: using taste, good-food and bad-food, finding support

Cooking demo: in coordination with K-State extension

“This class is about more than just weight loss...it’s about developing a more healthy relationship with all foods (including cookies & ice cream) to carry with you throughout your life.”

- Amelinda Spexarth



You are encouraged to check with your insurance regarding coverage (CPT Code 97804).

Classes are scheduled on an ongoing basis.

Contact
Gretchen Strathe at
316-491-6421
for more information
and to sign up.