

Food for Thought

Change the way you think about food and dieting.

Put an end to emotional eating, resist tempting foods, make cravings go away and find time to exercise by applying the benefits of cognitive behavioral therapy to your diet and weight loss plans. Through one-on-one sessions, you'll learn to how to change the way you think so you can experience lasting, long-term changes to your eating behavior that will help you lose weight and keep it off.

As part of this program, participants will have weekly weight checks and email check-ins with your coach for added accountability.

You'll also learn:

- Tools to keep yourself on track and motivated
- Ways to increase your enjoyment of food
- Healthy responses to common, everyday pressures
- How to give yourself credit

Individual coaching sessions are available at convenient times that fit with your schedule in six-week and 12-week packages.

Six-weeks: \$115

12-weeks: \$220

A free initial consultation will be provided.

Tamarac, a member of Spectrum Health
1401 W Main Street, Fremont, MI

**For more information or to sign up,
call 231.924.3073.**