



Food, Mood and Attitude

Join expert dietitian, Dawn Shotton
for a

FREE
6 week course

- Learn to use your senses to stop poor eating habits
- Explore the *why* and *how* of eating – to gain more control
- **Build resilience and positive attitudes towards yourself**
- Manage emotional eating
- **Understand how food affects mood - and get tips to help**
- Unpick media images and see how they influence our way of thinking
- **Gain confidence in eating the foods you love**
- Tackle stress and deal with personal put downs mindfully
- **One to one personalised support from experts if required**

Enrolling now at: **St Mary's Centre, Corporation Road, Middlesbrough**

Starts Wednesday 15th November 2017 from 6.00-8.00pm

(must be over 19 years)

For further information and to book a place contact Dawn:

E-mail: dawn@dietwise.co.uk Tel: 0792 8248727

Please note: groups are kept small - 12 people per course to ensure everyone benefits: please book early to avoid disappointment