

The Diet Doc

Presents

Write Your Way to Weight Loss

Lose weight and keep it off for good
with the easy techniques of
mindful awareness and journaling

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Learn how in this 4-session series facilitated by
Certified Journaling Instructor **Barbara Stahura!**

*Join Kori Propst, MS, Diet Doc Wellness Director
& Licensed Clinical Mental Health Therapist,
as she kicks off the workshop series on Oct. 11.*

Where: Evansville Central Library, 200 SE Martin Luther King Jr. Blvd.

When: Tues, Oct. 11, 6pm / Mon, Oct. 17, 6pm / Mon, Oct. 24, 6pm / Thurs, Nov. 3, 7pm

Information/Registration: 812-868-8710 ext. 225 or kori@thedietdoc.com

See More: www.thedietdoc.com / barbarastahura.com / <http://peakofmind.wordpress.com/>

Fee: \$49 for The Diet Doc clients; \$99 for others.