

## Well-Being and Nutrition Classes and Services

	Food Relationships and Behavior		Wellness and Prevention		Nutrition Education		Sports Performance	
Program	Eat, Drink and be Mindful	Feeding with Love and Good Sense	How to Eat	Mindfulness	L.I.F.E (Lifestyle, Food and Exercise)	Dietitian visits	Nutrition classes	Sports training
<b>Audience</b>	Adults	Parents of 0-school age children	Adults	Adults	Adults	All ages	Adults	Children age 8+ and Adults
<b>Facilitator</b>	Social Worker	Registered Dietitian	Registered Dietitian	Psychologist	Physician	Registered Dietitian	Registered Dietitian	Exercise physiologist
<b>Format</b>	Group	Group	Group	Group	Group	Individual	Group	Individual
<b>Duration</b>	6 weeks: 1 hour per week	2-hour class	10 weeks: 1 ½ hour per week	6 weeks: 1 ½ hours per week	10 2-hour classes	Per request	1-hour class	6 sessions: 1 hour each
<b>Definition</b>	Explore the seven skills of a mindful eater: awareness observation, being in-the-moment, acceptance, letting go, non-judgment and mindfulness of the environment.	Learn skills to raise a child who is a joy to feed and is comfortable and confident with eating skills.	A group approach exploring emotional eating, eating environment, normal eating and eating with joy.	A group course that will introduce people to the practice of mindfulness incorporating techniques from Mindfulness Based Stress Reduction (MBSR).	A course that introduces an approach to improve health and prevent disease through a whole-foods, plant-based diet.	An individual approach to nutrition planning and eating strategies.	A group approach for nutrition education. Variety of topics including meal preparation techniques and selecting and cooking vegetables.	A customized, workout plan. Your exercise performance is looked at medically to find imbalances and provide training to fix them. Sessions can also be utilized as a bridge between physical therapy and return-to-sport following injury.

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Experience	This small group course will use self-exploration methods, discussion and skill-building activities.	This group class will use teaching, discussion and vignette examples to help parents improve meal times and increase eating competence of their child/family.	This group class will utilize activities and discussion to help you build trust in your internal regulators of hunger, appetite and satiety, and resolve negative feelings about eating.	This group is for those who are new to meditation or want to expand their practice. Each class will build upon the last to deepen your practice.	This is a lecture-focused informational group class that includes videos, outside speakers, food samples and Q&A. Attendees will be introduced to the research supporting a plant-based, whole foods diet for disease prevention and wellness.	Individual appointments with a registered dietitian to discuss the nutrition topics important to you. This can include meal planning, specialized diets, and more.	This is a group class led by a registered dietitian. The course will utilize lecture and class participation. Topics vary.	You will work in individual training sessions with an exercise physiologist to develop a customized workout plan tailored to your specific needs.
Outcomes	Skills to improve mindfulness with eating.	Build skills to raise a child who is a joy to feed.	Build skills to take good care of yourself with food and to discover what holds true for you when you're eating, and activity are consistent and positive.	Overcome common barriers to develop a daily meditation practice.	Learn how serious illnesses in modern Western societies can be prevented or reversed through lifestyle changes, eating nutrient-dense whole foods and eating a plant-based diet.	The outcomes will be determined by you and your dietitian.	The outcomes vary by class topic.	Improved speed, agility, strength and stamina or improved performance after injury.
Fee	\$60 includes book	\$49 \$10 discount for YMCA members, CC employees and CC Pediatric Weight Mgmt families	\$199	\$199	\$385 includes 4 books	Insurance billed or cash option	\$15 per class	\$300 for 6 sessions