

# Lose weight and feel great in 2011!



**Are you unable to lose weight and don't know why?**

**Come to this class and find the answers to these questions and more:**

- Why can't I lose weight even though I've drastically reduced my calories?
- What foods should I avoid in order to lose weight?
- How can I control my cravings for sugar?
- What can I eat for snacks?
- How can I prepare delicious, healthy meals that will help me lose weight without spending endless hours in the kitchen?

**After completing this class, you will understand which foods to shop for, how to plan meals and snacks, and how to incorporate exercise into your weight loss program. Handouts provided to assist you with menu planning, recipes, stocking your weight loss pantry, and more.**

**Cost:** \$35

**Dates and Times:** 2 Tuesday evenings, 6:30-8:00, January 11 and 18, 2011

**Location:** 2230 Professional Drive, Suite B, Santa Rosa, CA 95403

**Reservation and Advance Payment Required:** To register, send email to [marsha@marshasendar.com](mailto:marsha@marshasendar.com).

**Nutrition Consultation and Class Package:** \$225 (a saving of \$40). This includes the class + 2 individual nutrition consultation sessions (a comprehensive nutrition and lifestyle assessment and a follow-up session).

**Marsha Sendar, MSPT, CNC, MSHS**, is a certified nutrition consultant, physical therapist, and health educator who is committed to helping people feel healthy and vital. Marsha brings her love of delicious, health-promoting foods and her experience in many forms of movement and exercise to her work. She maintains a private practice in Santa Rosa where she offers individual nutrition consultations.. For more information about Marsha, visit her website [www.marshasendar.com](http://www.marshasendar.com) and her blog, [www.playingwithfood.info](http://www.playingwithfood.info). Marsha can be contacted at 707-570-2090.