

# Taking Back Control

## Maintaining Healthy Weight in Mid-Life



Do you feel as though you're losing the battle against cravings and unwanted pounds?

Are you confused as to the best way to maintain a healthy weight in your midlife years?

### Plan ahead for 2010!

In this four week class, you will learn:

- The hidden causes of weight loss resistance
- Simple strategies for maintaining a healthy weight and a healthy metabolism
- Behavioral techniques for breaking patterns of habitual overeating

Combining the latest research on weight loss with practical information on menu planning, recipes, food shopping, and tips for preparing foods that support weight loss.

**Cost:** \$75 (\$65 with early registration and payment by December 15, 2009)

**Dates and Times:** Monday evenings, 6:30-8:00, January 11, 18, 25, and February 1

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

**Reservation Required:** Contact Marsha at 707-570-2090, or send email to [marsha@marshasendar.com](mailto:marsha@marshasendar.com). Class fees must be paid in full to reserve your space.

**Nutrition Consultation and Class Package:** \$270 (a saving of \$35). 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 passionately committed to a holistic approach to health. Marsha brings her love of delicious, health-promoting foods and her extensive experience in many forms of movement and exercise to her work. She maintains a private practice in Santa Rosa where she offers nutrition consultation, healthy exercise and stress management instruction, and physical therapy services. For more information, visit her website at [www.marshasendar.com](http://www.marshasendar.com).