

# SLIM & STRONG: CRAFTING A HEALTHY LIFESTYLE

- Join us for six weeks and enjoy a wonderful journey of living well.
- Wednesdays, June 17-July 29 (no session in 7/1) 10:00-11:15 AM

Do you have a desire to live your life within a healthy weight range for your age? Do you want to be resilient mentally and emotionally and strong physically? Do you want to live a healthy lifestyle for the long term? If so, Slim and Strong will provide the long term thinking changes and behavior changes necessary to craft a healthy lifestyle.

- June 17 - Why Craft a Healthy Lifestyle?
- June 24 - Eating Powerful Food
- July 8 - Change Your Mind
- July 15 - No More Deprivation!
- July 22 - Managing Your Emotions
- July 29 - Be Your Own Coach

\*After registering, you will receive a confirmation email containing information about joining the meetings.hu

- For more information, please contact Dianne Christensen at [dianneec@nmsu.edu](mailto:dianneec@nmsu.edu) or 505-243-1386.

REGISTER IN  
ADVANCE

CLICK HERE