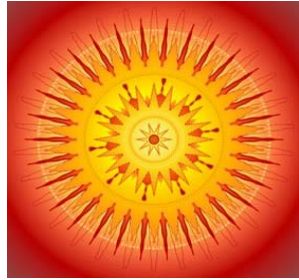


**SUPPORT GROUP
FOR PERSONAL
WEIGHT PLAN**

There are many variables that affect weight loss, and those variables are as different as we are. It is in the core of our spirit that the weight-loss battle is either won or lost. This workshop will help us win that spiritual battle, promises Steve Arterburn, co-author of the book on which the workshop is based. We'll learn how to lose weight for life, and gain a new way of living, of



A Caring Place
To Learn, To Heal,

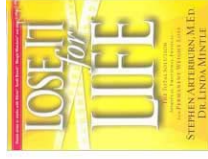
**LOSE IT FOR
LIFE
WORKSHOP**

The Family Life Center

703 Compton Road
Cincinnati, Ohio 45231



Wednesdays, 6:30—8
PM
at
The Family Life Center
703 Compton Road
Eleven week session
begins on



*A Faith-Based Outreach of
Northminster Presbyterian Church*
Tel: 513-931-5777 for
information and for other
groups that provide help for
all ages and stages of
life & life issues .

GROUP SUPPORT AND INFORMATION

Dr. Linda Mintle and Steve Arterburn have teamed up to bring us a program for creating a personal plan to maintain a new weight-management lifestyle. This group will help you:

- ◆ Improve health and lose excess lbs.
- ◆ Get free of guilt and shame.
- ◆ E x p e r i e n c e “weightlessness” that comes from not being defined by your weight.
- ◆ Gain awareness of the difference between physical, emotional and spiritual hunger, and learn to satisfy all three.
- ◆ Reverse negative thinking.
- ◆ Gain control of your emotions.
- ◆ Make new and healthy connections with others.
- ◆ Learn how to preserve spiritual gains and persevere to the finish.



The experiences of others can help us understand ourselves and our feelings.

No fee for class, library books or childcare (must pre-register for child care).

Sources of Information:

The group will work with the book, LOSE IT FOR LIFE, doing **homework** by completing our personal workbooks, and in small group discussion. The LOSE IT FOR LIFE text book can be borrowed from the Family Life Center Library. This class is not about dieting or exercising, although these things play a part. Rather, it is about changing how you think, feel and act. It's about creating a lifestyle that emphasizes the whole you: mind, body, emotions, relationships and especially your spirit.

Class Facilitators: Mother-daughter duo Diane Siegel and Angie Pairan are our experienced teachers with training in leading small groups. Both have experience with weight loss—and maintaining the loss.

FORMAT: Weekly sessions on Wednesday evenings.

Each week we will cover chapters through **homework**, reading, activities, and workbook review, and in small group discussion. Each participant will receive their own personal workbook for use during the workshop and to keep as a personal guide, long after the class is completed. This will assist you to maintain your changes. Rejoice with those who rejoice, weep with those who weep.



~Romans 12:15

Lose it for Life
Wednesdays, 6:38—8 PM
The Family Life Center
703 Compton Road
11-week session Begins
Wednesday, March 4 &
Wednesday, September 23

703 Compton Road
Cincinnati, Ohio 45231

Bring or mail completed form to address above or fax to:931-0260
E-mail: FLC@nmpchurch.org

Registration for Lose it for Life:

- | Sign up for: | Time | Price |
|--|--------|---------|
| <input type="checkbox"/> Wednesdays, beginning 3/4 | 6:30—8 | FREE !! |
| <input type="checkbox"/> Wednesdays, beginning | 6:30—8 | FREE !! |
| <input type="checkbox"/> I will need child care during class | | FREE !! |

Names & ages of children:

Name

Address including zip code

Phone and e-mail

How did you hear about us?