



The No-Diet Resolution

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This class is for those who would like to stop dieting and to begin to develop a healthy relationship with food.

Moving beyond carbs, fats and protein, you will learn how to properly nourish your body as well as clarify your values surrounding food. You will leave with a food plan unique to you.

Instructor: Tina Smith, MPH, CHWC

WAPS Community Education

Date: Feb 6 – 27 (Th)

Time: 5:00pm – 6:00pm

Location: Winona MS – Rm: 220

Fee: \$45

To Register:
507-494-0900

The No-Diet Resolution Plus

This class is for those who completed the No Diet Resolution class and would like additional support through group coaching and education. As you begin to navigate your new food plan, this class will help you overcome the obstacles on your journey.

Instructor: Tina Smith, MPH, CHWC

WAPS Community Education

Date: Mar 5 – April 2 (Not Mar 12)

Time: 5:00pm – 6:00pm

Location: Winona MS – Rm: 220

Fee: \$45

To Register:
507-494-0900