



FOOD FUNDAMENTALS

A 4-PART **WEBINAR** FOR CITY OF PHOENIX EMPLOYEES

Engage in **four weekly one-hour sessions** of Smart Strategies for Busy People to eat Healthier, Feel Better and Lose Weight.

- **Week 1** – Secret Sabotage: Everyday foods that increase hunger, cravings and food obsession.
- **Week 2** – Myth – Understandings: Weight loss myths that keep us stuck and frustrated.
- **Week 3** – Everyday Meals & Snacks: Stay full and in control.
- **Week 4** – Long-Term Success: Tips & tricks to keep up your new healthy habits.

Join Health Coach Heather Sayers Lehman as she offers this class via webinar.

**You can register and listen to the webinar at any time on the membership site. This will not count towards a gift card.*

Four one-hour weekly classes presented via webinar

Wednesdays from Noon to 1:00 p.m. beginning **April 20th**

Sign up using eCHRIS Self-Service. Class Code: **WW4286**

Receive a \$25 Sprouts gift card when you participate in the 4 live classes *.

