

My Coach Bev

Winter Wednesday Classes

EGF Campbell Library

DECLUTTERING - More than Cleaning Out Closets, It's Making Space for YOU!

January 13 - March 17 Wednesday mornings 9-11 a.m. **OR** Wednesday evenings 5:30 – 7:30 p.m.
NOTE: Meets **every OTHER** Wednesday for 2 hours

*Are you ready to let go of your emotional attachments to “stuff” and habits that keep you living in the past? Ready to get organized and simplify your life so you can be more focused for TODAY? Tired of letting your possessions run your life? If so, this class is for you! Join others who are accepting the challenge to de-clutter their homes, their schedules, and energy-draining habits. **Through action-oriented discussions, group support and accountability strategies, you WILL succeed in de-cluttering!***

Fee: \$75 includes book SHED Your Stuff, Change Your Life by Julie Morgenstern

Intuitive Eating*

January 13 – March 17 Wednesdays 12-1 p.m. (10 weeks)

*This non-diet approach to weight management will help you achieve the weight that right for you! Learn to make peace with food, honor your hunger, challenge the Food Police, and more! One grocery store tour included! **Be liberated from diets, eat the foods you desire and lose weight. Taught by a Licensed Registered Dietitian who calls this “the best nutrition book I have ever read.”***

Fee: \$125 includes book Intuitive Eating by E. Tribole & E. Resch, class materials, and grocery store tour.

***Note:** A **Teen Intuitive Eating Class** will also be offered at the Aurora Medical Facility at Family Medicine Associates on Sunday evenings starting January 17th from 7:00-8:30 p.m.

Rescripting Your Life: Turning your Dreams into Reality

January 13 - March 17 1:30 – 3:00 p.m. Meets every Wednesday for 1.5 hours

*What do you want to accomplish in the next phase of your life -- career change, retirement, re-location, down-sizing, improved physical or nutritional fitness, or deeper spiritual understanding? You get to choose. The sky is the limit! By the end of the session, you will have narrowed the gap between where you are now, and where you want to be. A special session on Dream Mapping is included. **You will be inspired by others as we travel this road together.***

Fee: \$125 includes text and all class materials, including Dream Mapping supplies.

Classes are held at East Grand Forks Campbell Public Library, 422 4th Street, NW, East Grand Forks, MN

Instructor: *Bev Benda, LRD, Life and Wellness Coach, Owner My Coach Bev.* For more info or to register (registration due by Jan.10) please contact Bev at 701-610-9529, or by email wellness4u@gra.midco.net

Registration

My Coach Bev

Winter Wednesday 2010 Classes

(Please complete one form per class, but if you are paying for more than one class, you may write one check for all.)

Class desired _____

Class date _____ Class time _____ Class fee _____

Name _____

Address _____

Phone _____ Alternative phone # _____

Email address * _____

*(*note: your email will not be given or sold to other parties)*

Class fee enclosed _____

Class fee must be received by January 10th. Class sizes are limited to 12.

Special accommodations needed (please describe): _____

NOTE: I do request that participants refrain from wearing perfumes and colognes as a courtesy to others who may be sensitive to chemicals.

Please mail check or money order to:

My Coach Bev c/o Bev Benda

1114 South 19th St.

Grand Forks, ND 58201

A confirmation will be emailed to you to let you know your registration has been accepted.

SEE YOU SOON!