

## Meet Katie Valley, Registered Holistic Nutritionist

Katie Valley, BSc, RHNP, is a Registered Holistic Nutrition Practitioner and Licensed Body Positive Facilitator with a bachelor of science degree in public health education. Katie has dedicated the past decade to helping others in various health-centered roles, including community outreach and being a Wellness Champion for a major U.S. airline. She truly enjoys sharing her passion with others through motivation and support through group coaching and one-on-one nutrition consultations. It was through her own health challenges that she discovered holistic nutrition. After transforming her own health through food and simple habit change, it inspired her to guide others in doing the same!



All of Katie's classes will meet via Zoom. Login instructions will be sent to you via the email address you provide at registration.

**COVID-19 NOTICE:** Before attending class, please go to [www.monroecc.edu/coronavirus](http://www.monroecc.edu/coronavirus) for the most up-to-date information on COVID-19 requirements at MCCC, including policies on masking. As of the publication of this schedule, facemasks are required in MCCC classrooms and labs.

### Mindful Eating (Virtual)

#### *Creating a Healthy Relationship with Food and Body*

Are you tired of dieting? Do you ever wish you knew how to eat to support your health, that doesn't involve restrictive calorie counting and measuring? If so, this course is for you. Please bring a snack to class. In this class you will:

- Understand why dieting makes it more difficult to practice mindful eating
- Learn about the hunger/fullness chart
- Understand emotional hunger vs. physical hunger
- Learn the impact of stress on digestion
- Be guided through mindful eating meditation

HLTSC 782-41

\$30 (Senior Fee \$15)

Wednesday Sept. 22

11 a.m. – 12:15 p.m. Zoom Valley

### NEW!

### The Body Confidence Project (Virtual)

This would be a discussion based body image support group series. You will learn to:

- Reclaim your health
- Practice intuitive self care
- Cultivate self love
- Declare your own authentic beauty
- Build community

This program was developed to teach people how to overcome conflicts with their bodies to lead happier, more productive lives. It is a solution-focused, whole-person model that offers positive messages of hope and freedom, and provides an alternative to the mainstream weight-focused health model that most individuals are taught. The goal is for people to gather information from a place of trusting their own intuitive wisdom in order to develop balanced and lasting self-care practices so they can focus on the parts of life that have purpose and meaning. This is a closed group, meaning once it begins, it will be closed to new participants.

HLTSC 788-41

\$199 (Senior Fee \$99.50)

Thursdays Sept. 23 – Nov. 11

4– 5:30 p.m. Zoom Valley

### NEW!

### Gentle Nutrition (Virtual)

Learn to make food choices that honor your health, but skip the perfection! Good nutrition is about what you eat consistently over time – that's what matters! In this class, you will learn about nutrition from a non-diet lens. Leave behind the all or nothing mindset that keeps us stuck, and embrace balance that is manageable, sustainable and enjoyable. In this class, you'll learn how to:

- Avoid black and white thinking
- Make choices based on internal cues vs. external cues
- Understand hunger/fullness
- Learn about mindful eating
- Cope with emotions without using food

HLTSC 790-41

\$30 (Senior Fee \$15)

Wednesday Oct. 27

11 a.m. – 12:15 p.m. Zoom Valley

### Intuitive Eating for Optimal Health (Virtual)

Diet culture surrounds us whether or not we realize it, and it often encourages us to start a new diet or weight-loss plan, as if being smaller will automatically make our lives better. And the busyness of today's world doesn't make it any easier to cultivate a good relationship with our food. Usually, we're left with inadequate time to plan, prepare and pay attention to our meals. So we do our best — opting for the "healthier option" without considering whether or not we're even hungry or what we're actually craving. We follow rules about the timing and types of food we think we should be eating — and it's easy to fall into a pattern of shame and guilt when we inevitably break these food rules. Enter, Intuitive Eating for Optimal Health.

HLTSC 729-41

\$30 (Senior Fee \$15)

Wednesday Oct. 6

11 a.m. – 12:15 p.m. Zoom Valley

