

## Meet Katie Valley, Registered Holistic Nutritionist

Katie Valley is a Registered Holistic Nutrition Practitioner and Certified Intuitive Eating Counselor with a Bachelor of Science degree in Public Health Education. She truly enjoys sharing her passion with others and her mission is to dispel the myths of diet culture and reinforce a holistic, health-focused approach to wellness. Through motivation and support through group coaching and one-on-one nutrition consultations, she helps others who are tired of dieting trends to eat intuitively, pursue TRUE health, and feel confident in their own unique body. After her own experience with disordered eating and poor body image, Katie found true healing by practicing Intuitive Eating and Body Acceptance, and now works with others to do the same.



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

### **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. Understand why dieting makes it more difficult to practice mindful eating. Learn about the hunger/fullness chart and emotional hunger vs. physical hunger

HLTSC 782-41 ☀️

\$30 (Senior Fee \$15)

Tuesday May 10  
11 a.m. – 12:15 p.m. Zoom Valley

### **NEW!**

### **Body Image and Self Love (Virtual)**

Learn where our own body image comes from in this discussion-based class. Learn ways in which we can cultivate self-compassion in order to honor our health and wellbeing. Explore the messages that we have received that impact our own body image. Also, learn the importance of media literacy and how it impacts the social construct of beauty.

HLTSC 788-41 ☀️

\$30 (Senior Fee \$15)

Tuesday June 21  
11 a.m. – 12:15 p.m. Zoom Valley

### **NEW!**

### **Health and Hormones (Virtual)**

Learn the easy strategy to create healthy, balanced meals to add to your health program. Understand the importance of elongating your blood sugar throughout the day to feel your best. Understand the glycemic index, and how different types of carbohydrates impacts our blood sugar differently as well as a simple strategy to create easy, blood sugar balancing meals.

HLTSC 793-41 ☀️

\$30 (Senior Fee \$15)

Tuesday July 12  
11 a.m. – 12:15 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)

Tuesday Jun. 7  
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)

Tuesday May 24  
11 a.m. – 12:15 p.m. Zoom Valley

**COVID-19 NOTICE:** Before attending class, please go to [www.monroeccc.edu/coronavirus](http://www.monroeccc.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 all campus facilities regardless of vaccination status.