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

COVID-19 NOTICE: Before attending class, please go to 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.