

Emotional Eating



Emotional eating can be a real challenge when you are trying to lose weight. Learn tips to help cope with emotional eating and regain control.

Jeannie Herndon of Cigna presents on
April 15, 2010
Blackman High School Cafeteria
4:30-5:30pm

Sandwiches and drink will be provided to all who RSVP. Contact Kelli at getrutherfit@rutherfordcounty.org or call 494-4480 to sign up.