

Carillon Sports and Family Medicine

Reclaim Control Group

Are you feeling weighed down by what the scale says? Do you often think negatively about what you eat, feel guilty for your choices, and wish you could be free from this vicious cycle?

Release yourself from the hold of your own weight! Learn to lose weight naturally and permanently with this monthly group session led by our Registered Dietitian, Amy Goldweber.

All classes will be held in the reception area of Carillon Sports and Family Medicine from 6:00pm – 7:30pm with time for a group discussion. The fee for this series is \$30; individual session price is \$10. Pre-registration is required. Please call (727) 561-4303 x 3 to pre-register.

Thursday, August 18, 2016 – Introduction and the Secrets to Weight Loss

Billions of dollars and hours are spent on nutrition and exercise! Then why is 70% of this country overweight or obese?! Learn the secrets that will help break this pattern once and for all.

Thursday, September 15, 2016 – Conquering Cravings

Does it seem like your cravings for the foods that favor weight gain control your life? There is a very strong reason for this behavior! Learn what it is and how to eliminate your cravings.

Thursday, October 13, 2016 – The Necessity of Self-Care

It is almost certain that you want to lose weight to improve your health and well-being. Whatever the reason for your desire to lose weight, the common denominator is YOU! Gain practical skills to better assist you during this journey.

Thursday, November 10, 2016 – Removing Toxins from All Areas of Life

Toxins are toxic for a reason! They drain your good energy, prevent you from losing weight, and make you feel even more weighed down. Discover what these toxins are and learn how to remove them from your life.

Thursday, December 8, 2016 – Understanding the Foreign Language of Food Labels

Here is another little secret: Food companies WANT to confuse you so that you believe whatever they say or display to improve the chances of you buying their product. Your health and well-being is NOT their priority. Amy will help translate food packaging and terminology and help to decipher the code that will get you on track and stay on track!

“Serenity comes when you trade expectations for acceptance.” - Anonymous

12225 28th St North, Suite B, St. Petersburg, FL 33716
(727) 561-4303 telephone ♦ (727) 561-9299 fax