



# ST. THOMAS AQUINAS CATHOLIC CHURCH

Health Ministry Presents



A six week class series with health coach and fitness trainer  
**Wendy Hood**

For more information, contact:

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Classes on Monday nights at 7 PM, starting Monday March 7<sup>th</sup>

Class 1	<b>Sugar Blues:</b> <ul style="list-style-type: none"><li>• Are you constantly craving sweets and want to understand why?</li><li>• Do you want to gain control without deprivation?</li></ul>
Class 2	<b>Eating for energy</b> <ul style="list-style-type: none"><li>• Food Labels</li><li>• How much do I need?</li><li>• Protein/Carbs/Fat/Water</li></ul>
Class 3	<b>Health class</b>
Class 4	<b>Weigh Less/Live more</b>
Class 5	<b>Exercise basics</b> <ul style="list-style-type: none"><li>• Take a breath (breathing)</li><li>• Stretch your faith – fitness</li></ul>
Class 6	<b>Yummy cooking</b>