Do you think to yourself....

- Sometimes I eat without paying attention to what I am eating
- When I am stressed or upset I eat
- Supermarkets confuse me and I don't know what foods to buy
- I don't have time or anywhere to exercise
- Everyone is hungry and it's getting late, I do not have enough time to prepare dinner
We can help you learn

- How to get physical activity into a busy schedule
- How to estimate your calories
- What foods to stock in your pantry for quick and healthy meals
- How to read and understand food labels
- How stress and inadequate sleep impacts weight

35 percent of calories consumed come from highly processed, low-nutrient dense foods

Pathweighs to Health Lessons

- Why Food Comfort You
- Weighing in on Your Calories
- Supermarket Know-how: Putting you in Control
- Physical Activity: Renewing Your Body
- Sleep and Stress: The Weight Connection
- Media and Mealtime: Influencing Your Health

Your County UT Extension Office
Chester County Extension
126 Crook Avenue, Henderson
731-989-2103

Classes will be held on Thursday nights at 6:30 P.M. from August 6th-September 10th (6 total classes).

Participation fee is $30 and covers all class materials.

REGISTRATION DEADLINE: JULY 30TH

The University of Tennessee UT
Institute of Agriculture
ag.tennessee.edu

Family & Consumer Sciences
fcs.tennessee.edu

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.