



IMMEDIATE RELEASE

Date: November 11, 2020

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Subject: Intuitive Eating for the Holidays and Beyond

CENTERVILLE, OH: They say “calories don’t count at Christmas,” right? With all the delicious food made throughout the holiday season, it can be hard to enjoy it all when worry about calories constantly creeps in the back of your mind. Intuitive eating offers an empowering approach to holiday food choices for both your body and mind, resulting in more enjoyment, less guilt and better health. Learn how to reject the diet mentality while honoring your mental, physical and emotional health. Start now and you’ll have a solid foundation as you enter into 2021.

Tuesday, November 17, the Centerville-Washington Park District is offering a program with Abby Younce, Dietitian at Clem & Thyme Nutrition. She will guide you through the process of becoming an intuitive eater!

Intuitive Eating for the Holidays and Beyond begins at 6:30 p.m. in the community room at Park District Headquarters, 221 N. Main St. This program is open to ages 18 and over. Registration is required 48 hours in advance. The program is \$5 for Centerville and Washington Township residents and \$7 for nonresidents. Register online at www.cwpd.org or call (937) 433-5155 to register.

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The Centerville-Washington Park District operates eight community parks, nine nature parks, and 34 neighborhood parks encompassing more than 1,030 acres in Centerville and Washington Township. For more information about the Centerville-Washington Park District, please call (937) 433-5155 or visit www.cwpd.org.

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