

# HEALTH CLASSES

## PEHP Lighten Up Weight Management Class: Free 8 Week Series Class



- NUTRITION BASICS
- HEALTHY COOKING AND MEAL PLANNING
- GROCERY SHOPPING BASICS
- DINING OUT AND SENSIBLE SNACKING
- BEHAVIOR CHANGE
- PHYSICAL ACTIVITY
- EMOTIONAL EATING
- THE WEIGHT LOSS PLATEAU, ROADBLOCKS, AND SPEED BUMPS

CLICK [HERE](#) FOR MORE INFORMATION



## Utah County Health Department Living well workshops:

- UPCOMING DIABETES CLASSES:  
CALL 851-7511 TO REGISTER
- UPCOMING CHRONIC CONDITIONS CLASSES: CALL 851-7511 TO REGISTER

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