



Dr. Judy Keith has a Doctorate in health education and has taught courses in behavior change at the university. She will guide you through detailed monitoring of your eating and activity behavior to enable you to make healthy behavioral changes in eating and exercise.



Lisa Caudill is retired from the Madison County School system after 33 years teaching health and physical education. During her teaching career she had extensive experience in the area of fitness. Lisa graduated from Berea College with a BA in physical education, Eastern Kentucky University with a MA in Elementary Education and Rank I in Health Education.



Darrell Harrison, MS, Owner of Cedar Haven Wellness Center previously owned a fitness center where he served as a personal trainer. He currently teaches several yoga classes weekly. He and Lisa will teach you fitness activities that burn calories and tone as you lose weight.

**Let us teach you how to change your eating and activity behavior for life!**

**WHAT YOU WILL EXPERIENCE** - Two hour classes will be taught in a series of six weeks. Every aspect of your eating behavior patterns will be self-monitored using a daily guide designed by Dr. Keith. Weekly group discussions will focus on what each individual has learned about his/her eating behavior.

**WEIGH-IN WILL BEGIN** in week two when you make a decision about your long-term weight loss goal.

**STRATEGIES AND OBJECTIVES** will be identified weekly with Judy, Lisa, and Darrell's assistance. **YOU are responsible for the actions you take to improve your health, weight, and fitness.**



**REQUIREMENTS:** You must register for two-hour classes and attend 6 consecutive weeks. **No make-up classes, no refunds for missed classes, and no excuses (except death or major illness) accepted for not attending class.**

**FEE: \$120 for 6 weeks of classes paid prior to beginning first class to hold your spot. Class size will be limited to 8 people.**



**TO REGISTER:** Call 859-756-3519 or go on line at [www.renew.net](http://www.renew.net). You can pay by credit card on line or by check to RENEW Center, Inc., 1032 Burnell Drive, Berea, KY 40403. Your registration will be confirmed prior to beginning class.

## HEALTHY WEIGHT LOSS



**PARTICIPATION:** Darrell and Lisa will lead the class through a series of fat burning and toning activities beginning in week two. You will exercise at your own pace to the best of your ability.

