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## Weight management program examines overeating

For those who need help shedding pounds, Oakland University's **Meadow Brook Health Enhancement Institute** has the solution: an eight-week program that teaches how to deal with behavior that interferes with weight management success coupled with an exercise program to get motivated. The program starts Monday, Oct. 1.

"Most people don't think about their behavior patterns and what causes them to eat at certain times throughout the day," said registered dietitian Yvonne Moses, who is the program director. "Participants will learn how to manage behavior that leads to inappropriate eating and be part of an exercise program led by a personal trainer."

Participants will keep a diet diary and exercise log to help identify patterns that trigger eating. The class also includes nutrition and exercise tips to build a foundation for a lifetime of weight control.

Classes run from 6-7:15 p.m., and from 7:15-8:15 p.m., participants may exercise as a group led by a personal trainer.

The course fee is \$125. If you would like to participate in the exercise portion, you may join the exercise facility at MBHEI for an additional \$75 for eight weeks.

For more information, contact the **Meadow Brook Health Enhancement Institute** at (248) 370-3198.

### SUMMARY

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