

CREATING SUSTAINABLE HEALTH HABITS



DATE:
Tuesday, January 8, 2019

TIME:
6:30-7:30 p.m.

This is part of a quarterly class on topics related to health and wellness.

Sponsored by:
Maplewood Public Library
7550 Lohmeyer
Maplewood, Mo. 63143
314-781-2174
www.maplewood.lib.mo.us



By mid-February 80 percent of our new year diet and exercise resolutions will have fallen by the wayside. What makes for habit shifts that last? And how do we move away from resolution-making mentality? Learn why diets don't work and how a health-focused mindset triumphs over everything. No matter where you are in your journey to getting healthier, this wellness talk will leave you feeling empowered to say "no" to diets and resolutions.

Lead by Gayle Wilson Rose, Chief Change Officer of *WhyPowered* Whole Health Coaching. Gayle is a certified Whole Health Coach, Weight Management Specialist, and Personal Fitness Trainer.