

# EAT

*eating awareness training*

Facilitated by Karen Newton, MPH, RD & Holly Knight, MA

*4 WEEK SERIES:*

March 25th, April 1st, 8th, & 15th  
Wednesdays 7:00pm-8:30pm

Location: Health Promotion Office

**\$12 FOR ALL SESSIONS**

**FOOD & RESOURCES INCLUDED**

**Enrollment is limited**

Participants should plan to attend all 4 sessions *plus one individual pre-series appointment*

**Registration, payment, and more information at:**  
**[louisville.edu/healthpromotion](http://louisville.edu/healthpromotion)**



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