



# MINDSET NUTRITION

2024

## QUICK FACTS

WHAT ..... Nutritional Coaching  
 WHERE ..... Online; Zoom link will be emailed  
 WHO ..... 20 yrs and older  
 WHEN ..... Tuesday 9:30 a.m. or Thursday 7:00 p.m.  
 FEE..... \$297

## PERMANENT WEIGHT-LOSS FOR THE EMOTIONAL EATER

This is a 6-week online class (utilizing Zoom) to help retrain the brain and body to use food for fuel instead of using it to manage emotions. This class will include tools and strategies for permanent weight-loss and maintenance. Participants will have 6 classes as well as worksheets, email access to the instructor for the duration of the session for questions, advice, help, copies of all class materials, and bonus weight-loss group coaching.

## INSTRUCTOR BIO

Amanda Turner has been a life and weight-loss coach for 3 years working with clients around the world to create and support a new way of interacting with food and their bodies. She currently works full-time as a weight-loss coach for Dr. Katrina Ubell in her Weight Loss for Busy Physicians program and coaches' private clients as well. She is a mother-of-four who loves a good book, an intense BodyCombat class, and a healthy dose of indoor plants and outdoor fun.

### Online Sessions - 6-Weeks

DATES	DAYS	TIMES	FEE
Jan.16-Feb. 20	Tuesday	9:30-10:30 a.m.	\$297
Jan.18-Feb. 22	Thursday	7:00-8:00 p.m.	\$297

A Q & A is scheduled for Wednesday, November 8th at 10:00 a.m. on the Legacy Center Facebook page. Join us for any questions you have about the class. If you are unable to make the Q&A, questions can be answered on the thread.

## REGISTRATION

**Registration Starts: November 1, 2023**  
**Registration Deadline: January 10, 2024**

For more information email Amanda at [amandaturner@turnthetidecoaching.com](mailto:amandaturner@turnthetidecoaching.com)  
 Register online at [www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center). or pay in the Registration Office during normal business hours.

## MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000

[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



# RECREATION

REGISTRATION HOURS  
 Monday-Friday  
 8 a.m. to 6 p.m.

Post Until February 2024