



The Evergreen State College Wellness Committee Presents:
Laurie Schaetzel-Hill

"Holiday Eating"

Surviving chocolate, cookies and calories

Wednesday, December 2nd, 2009
Noon-1:00
Longhouse Room 1007A

This class is free of charge to staff and faculty, but is not part of the paid training benefit. Therefore, staff should either use leave or ask to change their schedule for the day if it conflicts with their work schedules.

About the Speaker:

Laurie Schaetzel-Hill, alumni of The Evergreen State College, runs an Olympia-based private practice that counsels individuals and families on eating for mind, body, health and pleasure. She's involved in the Olympia community in various ways, including prior participation on the steering committee for The Eating Disorder Prevention Committee and Thurston Healthy Youth Task Force. Laurie wrote a column for The Olympian, "Food for Thought" and has instructed teachers, counselors, nurses, coaches and para-educators for the North Thurston Public Schools for a decade.

Next Workshop with Laurie:

"Eating Mindfully" January 20, 2010
A non-diet approach to weight loss.