

Free yourself
from diets...
Forever.

For more information about
Am I Hungry?®, visit
<http://www.AmIHungry.com>

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Eating and Living Healthy!

No rules or deprivation.
Just practical strategies that
one can live with - forever!

An 8-week Workshop Series

Over sixty-six percent of the adults in the United States are overweight or obese, contributing to significant health risks, lost productivity and burgeoning health care costs. Overweight employees cost employers 30% more on average than healthy weight employees.

Am I Hungry?[®] is a rational and effective solution that delves far beyond the obvious advice of “eat less, exercise more.” This comprehensive weight management program guides participants to re-establish hunger as their primary cue for eating, recognize their triggers for overeating, meet their bio-psycho-social needs more effectively, learn to balance eating for enjoyment and health, and discover vitality and joy in physical activity. Participants are encouraged to find their own internal motivators. They are led through a unique process to increase self-efficacy and healthy behaviors from physical activity to healthier eating without requiring a rigid, unsustainable routine.

Susan Reinhardt, RN, BSN, CBN is offering the Am I Hungry?[®] Weight Management Workshop Series to those participants interested in learning how to reconnect with their physical signals; to guide when, what and how much to eat without restrictive diet rules.

Susan is a seasoned healthcare provider and educator who authentically embraces health, wellness and positive beliefs. Her sincere personal and professional interest in healthy living and disease prevention has lead her to the intuitive eating approach of Dr. Michelle Mays' program, Am I Hungry?[®].

Most recently, Susan has lead the UW Health Bariatric Surgery Program team to an American Society for Metabolic and Bariatric Surgery (ASMBS) Center of Excellence designation, organized and chaired three Walks from Obesity, developed UWHC's bariatric patient nursing care guidelines (working toward publication) and frequently speaks to various healthcare and community groups on obesity stigma and discrimination as well as the care of the morbidly obese and bariatric surgery patient.

To learn more about this workshop series, please contact Susan at 608-770-3857 or email: smrrn@yahoo.com.