

Awareness Series

Weight Control According to MindBody Type

Free Class



- *Learn which MindBody type you are.*
- *Understand why everybody cannot eat the same things.*
- *Learn Eating Awareness Tips.*

Facilitated by:

William Dean, M.D.

314 Martin L. King Jr. Way, Suite 103

Tacoma, WA 98405

(253) 272-4013

dean@nwrain.com

Visit our web site at www.nwcwb.com



Thursday

February 7, 2002

5:45 P.M. — 6:45 P.M.

Location: MultiCare Campus

Call for specific location (253) 272-4013