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*Mind, Body, Spirit & Heart:
"Why is Weight Loss Such an Emotional Issue?"*

by Sally Dyer 10:30am – 11:00 am

Have you ever tried to stop all sweets "cold turkey" and ended up *depressed*? Have you ever wondered why fat/sugar/salt taste better when you're *stressed* vs vegetables? Are you so busy taking care of everyone else in your family that you forget about *yourself*?

Come learn the connection between our mind, body, spirit & heart!

Register [**HERE**](#) with your name and phone number.

Seating is Limited

Sally received her nursing degree at Loma Linda University Medical Center School of Nursing and her Masters in Psychology at Cal State San Bernardino. She was appointed by Governor Arnold Schwarzenegger in 2005 to a 12-person Task Force for the State of California to reduce the burden of stroke and heart disease on the State. The Inland Empire has the highest death rate from cardiovascular disease than any other county in the State of California; her passion is to help us NOT be #1 any longer. Sally is the RN Coordinator for Loma Linda University Medical Center's Adult Cardiology Clinic and Community Education Programs. She is married to a psychologist, has 3 adult children, and 2 grandchildren. She loves to run, needlepoint, and read.

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