



## St. Mary's offers "How to eat – and feel good about it"

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### FOR IMMEDIATE RELEASE

**Athens, Ga.** – For those who struggle with their relationship with food, St. Mary's is offering a virtual course starting in January about how to enjoy food while also improving health outcomes such as physical activity, sleep, and lab results.

"How to eat – and feel good about it" teaches the principles of Competent Eating, a lifestyle that focuses on learning how to eat reliably and well. Taught by registered dietitian Kathryn Filipiak, the course is based on the How to Eat Method, a clinically validated Eating Competence model for adults.

Participants will learn how early childhood and social influences impact how we eat, why dieting can lead to worse health outcomes, and the four characteristics of competent eaters: eating attitudes, food acceptance, internal regulation and contextual skills.

"If you have struggled with dieting in the past and feel food is an uphill battle, this class is for you," Filipiak says.

Filipiak will lead the 6-week course on Tuesdays from Jan. 14 through Feb. 18 from 12-1 p.m. The course meets virtually for maximum convenience and to eliminate the barrier of travel. The cost is \$499 for individuals or \$750 for couples. The course may be eligible for reimbursement through a Health Savings Account/Flexible Spending Account with a letter of medical necessity. Please check with your HSA plan.

Registration includes six live virtual group coaching sessions, workbook, journal and an individual 30-minute wrap-up consultation with Filipiak. In addition, participants receive a 2-month membership to St. Mary's Wellness Center, which can be continued at just \$30 a month thereafter.

For information or to register, go to the class listings at [www.stmarys-health.org](http://www.stmarys-health.org) or email Filipiak at [Kathryn.filipiak@stmarysathens.org](mailto:Kathryn.filipiak@stmarysathens.org).

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