

Weight loss subject of lecture in S. Tahoe

Why Weight Loss is Hard is the topic of an April 13 lecture by Paula Crenshaw.

This Barton Health sponsored talk is from 6-7pm at Lake Tahoe Community College board room, One College Drive, South Lake Tahoe.

The lecture includes motivational strategies to better understand your body.

- How our bodies use food for energy
- Why do energy-input imbalances occur
- What our bodies are telling us when we plateau
- Strategies for overcoming barriers to weight loss.