



## Memorandum

**#10-064**

**TO:** WIC Regional Directors  
WIC Local Agency Directors

**FROM:** Linda Brumble, Unit Manager  
Nutrition Education/Clinic Services Unit  
Nutrition Services Section

**DATE:** May 25, 2009

**SUBJECT:** Changes made to the *June 2010 Interactive Distance Learning Class Schedule*

Due to unforeseen conflicts in schedules, the following changes have been made to the *June 2010 Interactive Distance Learning (IDL) Class Schedule*:

Class	Original date	Changed to:
<b>IDL Made Simple</b>	<b>Tuesday, June 2 at 8:30 am</b>	<b>Canceled</b>
<b>IDL Made Simple</b>	<b>Wednesday, June 3 at 8:30 am</b>	<b>Canceled</b>
<b>Skin to Skin</b>	<b>Tuesday, June 15 at 2:30 pm</b>	<b>Change start time to 3:00 pm</b>
<b>Identifying Participants at Risk for Anemia</b>	<b>Tuesday, June 29 at 11 am</b>	<b>Change start time to 2:30 pm</b>

The following class has been **added** to the *June 2010 IDL Class Schedule*:

Date/Time	Class
<b>Tuesday, June 29 11 am</b>	<b>Emotional Eating: Why we do it and how to stop</b>

### **Emotional Eating: Why We Do It and How to Stop**

Studies show that the reason why many people gain weight—and keep it on—is eating for emotional reasons rather than real physical hunger. This 30-minute presentation shows how to identify common emotional eating triggers and overcome them with helpful tips and easy to follow steps.

Please make note of these changes and we encourage you to print this memo and post it at your IDL viewing equipment in order to keep your staff up to date and informed.

If you have any questions or require additional information about these changes or other concerns about the IDL class schedule or your IDL equipment, please contact Yolanda Baz Dresch, IDL Studio Manager, at (512) 341-4443 or [Yolanda.BazDresch@dshs.state.tx.us](mailto:Yolanda.BazDresch@dshs.state.tx.us).