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UNL weight control classes begin

A weight control group will begin meeting Oct. 3 at the University Health Center by popular demand, Margaret Eager, a psychiatric social worker in charge of the program said. "Students requested it as a service from the Health Center," Eager

said. Many people have already signed up for the 20 available spaces, she said. Since an extra class will not be created, people who sign up after the class is full will be put on a waiting list. To be eligible for the coeducational class,

which will meet in the Health Center basement, students must weigh 15 percent more than their desired weight and be eligible for Health Center services.

The 10-week course, started in 1976, has undergone two changes since last semester. The sessions have been expanded from one hour to one and a half hours and the fee was increased from \$20 to \$25. However, to encourage attendance, students attending every class will receive a \$20 refund.

The group will meet Mondays from 3:30 p.m. to 5 p.m.

The class includes a weekly weigh-in, small group activities, discussions concerning how to change behavior problems, and educational presentations "based on a

healthy life style approach to dieting," Eager said. An extra feature will be a nutritional analysis based on a diet check.

The class includes no exercise but the center has an aerobic health program which is not connected to the weight control group.

"We encourage people to participate in aerobic exercise," Eager said.

A 10-week follow-up class will begin Oct. 6 and meet Thursdays from 4 p.m. to 5 p.m. It is open to anyone who completes the weight control class.

Interested students should call the Health Center desk for an appointment with a Health Center physician to determine if they are eligible for the class. Students must also meet with a dietician before signing up for the class.



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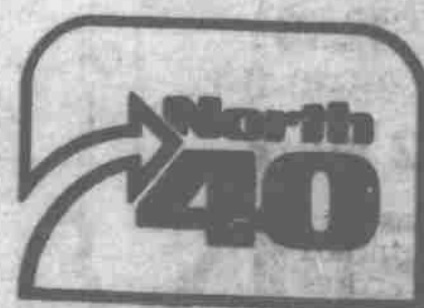
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Cornstalk/Kernals	Sunday		Kingpin Kegler	Monday 6:00
University	Monday		Pin Pounders	Monday 8:00
Bowling Specials	Monday		Strike N' Spare	Tuesday 7:00
Big Red	Tuesday		Faculty/Staff	Wednesday 5:30
Collegiate	Tuesday		Nite Owls	Wednesday 7:30
UNL Secretary	Wednesday		Gutter Dusters	Thursday 5:30
Greek Rollers	Wednesday		50/50 (Mixed)	Thursday 7:30
Big-8 classic	Thursday			
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