# Online Masterclass on Sustainable Weight Management with Shahroo Izadi



On Monday, July 1st, 2024, from 6:00 PM to 8:30 PM BST, an online masterclass titled "How to Lose Weight for Good" will be conducted, featuring behavioral change scientist and bestselling author Shahroo Izadi. This workshop aims to help participants break free from the cycle of yo-yo dieting by focusing on sustainable weight management without restrictive eating rules.

Shahroo Izadi, known for her book "The Kindness Method," has both professional and personal experience in weight management, successfully losing 55kg. The workshop will include interactive exercises to help attendees build tools for self-awareness, self-compassion, and resilience against setbacks.

The session, priced at £75 plus a £1.90 booking fee (waived for newsletter subscribers), will be available globally with a catch-up recording accessible for two weeks post-class. To register or for more information, visit the provided website link. The masterclass is run in partnership with MDMB Creative and supports the continuity of free access to the Evening Standard.