



**For Immediate Release**

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## **Yes, Sugar is Toxic and a Health and Wellness Coach Can Help You Break the Habit**

**April 2, 2012 (Laurel, MD)** – Last night's *60 Minutes* special report titled "Is Sugar Toxic?" was a wake-up call about the addictive and potentially deadly effects of consuming sugar.

Although many of us are becoming increasingly aware of the dangers of sugar, we're not changing our behavior, as evidenced, in part, by the nation's growing obesity rates.

According to Cheryl Walker, program director for the [Master of Arts in Health and Wellness Coaching](#)\* at Tai Sophia Institute, "What we know is that health education is not enough. Health and wellness coaching is the link between receiving health information and making behavior change. Coaching taps into people's intrinsic motivation to change and helps them get out of their own way."

Tai Sophia Institute, which offers the nation's only Master of Arts in Health and Wellness Coaching, is a driving force in the national movement toward wellness and disease prevention, helping people take charge of their own health and create sustainable change.

In April, Tai Sophia Institute is offering several free activities to learn more about the **Master of Arts in Health and Wellness Coaching** program:

- **Coaching Café**

Participate in simulated coaching experiences with program leaders.

Tuesday, April 10, 6:00 p.m. – 8:00 p.m.

- **Coaching Career Trends Conference Call**

Learn about exciting career opportunities.

Wednesday, April 18, 12:00 p.m. – 1:00 p.m.

Monday, April 23, 7:00 p.m. – 8:00 p.m.

For more information about the **Master of Arts in Health and Wellness Coaching**, please call the Office of Graduate Admissions at 410-888-9048 ext. 6647 or [admissions@tai.edu](mailto:admissions@tai.edu).



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*\*pending Maryland Higher Education Commission endorsement*

#### **ABOUT TAI SOPHIA INSTITUTE**

Founded in 1974, Tai Sophia Institute (<http://www.tai.edu>), is a private, nonprofit, academic institution for health and wellness education. Accredited by the Middle States Commission on Higher Education, the Institute offers graduate certificate and degree programs in a wide range of health and wellness topics, as well as individual academic courses, community workshops, and continuing professional education programs. The Institute's 12-acre main campus in Laurel, Maryland, also houses a clinic, a bookstore, a library, and herb and meditation gardens, all of which are open to the public.

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