

Breaking Free from Diet Culture

ARE YOU TIRED OF RESTRICTIVE DIETS AND ENDLESS FOOD RULES? READY TO BREAK FREE FROM THE CYCLE OF GUILT AND SHAME AROUND EATING? IT'S TIME TO EMBRACE A HEALTHIER RELATIONSHIP WITH FOOD THROUGH INTUITIVE EATING! JOIN US TO: LEARN THE PRINCIPLES OF INTUITIVE EATING AND HOW TO APPLY THEM IN YOUR LIFE, DISCOVER HOW TO HONOR YOUR BODY'S UNIQUE NEEDS AND CRAVINGS, PRACTICE MINDFUL EATING TECHNIQUES AND GAIN STRATEGIES FOR OVERCOMING EMOTIONAL EATING

HILLARY FRITZ, RN AND INTUITIVE EATING COACH

Saturday, April 20, 2024

1:30-2:30PM

\$10

Scan Code
to Register!



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