

EMPOWERING MINDS

EATING DISORDER SUPPORT SERIES

Let's get together to grow and strengthen your recovery by Empowering our Minds with new concepts. These supportive conversations with the skilled team at Nutrition Counseling Center are designed to present different perspectives on the everyday struggles you encounter with your eating disorder. Our expert team of dietitians, known as The Support Squad, have crafted up the most common issues folks in recovery are facing today and have designed a series to bring these topics to life in a supportive, group setting.



JOIN THE ANTI-DIET REVOLUTION

Tuesday January 17th @ 6-7:00pm
Tuesday January 24th @ 6-7:00 pm
Tuesday January 31st @ 6-7:00 pm



GET BEACH BODY READY (HINT, IT'S NOT WHAT YOU THINK)

Wednesday April 5th @ 6-7:00pm
Wednesday April 19th @ 6-7:00 pm
Wednesday April 26th @ 6-7:00 pm



CHANGE YOUR FOOD ATTITUDE

Friday July 7th @ 12-1:00pm
Friday July 14th @ 12-1:00 pm
Friday July 21st @ 12-1:00 pm



NAVIGATE THE HOLIDAY SEASON JINGLING ALL THE WAY!

Tuesday October 10th @ 6-7:00pm
Tuesday October 17th @ 6-7:00 pm
Tuesday October 31st @ 6-7:00 pm

Email info@nutritioncounselingcenter
to Register. Space is limited!

Cost is \$99 per series. Register for 2 or more, and cost is \$80 per series, giving you a 20% discount! Register for all four to receive a FREE GIFT.

Meet The Support Squad

Nutrition Counseling Center LLC, an established nutrition support practice in Bloomfield Hills, has been providing nutrition counseling to those who struggle with eating disorders, exercise addiction and body image issues. The dietitians at Nutrition Counseling Center support all shapes, all bodies and all sizes, while centering their counseling around compassion, skill and a non-diet approach that encourages a happy and healthy relationship with food.



PATRIZIA JESUE RD

Owner of Nutrition Counseling Center, Eating Disorder Specialist and Supervisor

LAURA GRIFFIN RD

Eating Disorder Specialist



ISABELLA LARGIN, MS RD

Eating Disorder Specialist

JESSICA NELSON, RD

Eating Disorder Specialist



Nutrition Counseling Center LLC

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