

NUTRITION COUNSELING CENTER
PRESENTS:

An Intuitive Eating Workshop



1

Imagine a life free from intrusive diet thinking and always having to search for the next thing to help you lose weight.

2

Imagine the ability to honor your own hunger and fullness cues and give yourself permission and space to eat all foods unconditionally.

3

Imagine a world where you get to make your own decisions about your eating patterns and food choices, not your eating disorder or diet culture.

4

Imagine learning all of these principles in the comfort of your own home, among a safe community of folks who "get it" and led by two of the area's top intuitive eating specialists.

Take a deep dive into each of the principles of Intuitive Eating with this 7-week virtual workshop full of guided activities, journal prompts, supplemental articles and handouts. Co-Facilitated by Isabella Largin MS RDN, and Laura Griffin RD, Intuitive Eating Specialists.

Tuesdays from 7-8:00 pm starting February 21 to April 4, 2023

Cost \$300.00

To register, send an email to
info@nutritioncounselingcenter.com
or call us at (248) 686-0340

www.nutritioncounselingcenter.com