



INTUITIVE EATING

VIRTUAL 10 WEEK GROUP
JANUARY 11, 2024-MAY 16, 2024

JOIN US IN EMBODYING

♥ SELF-ACCEPTANCE ♥ BODY POSITIVITY ♥ MINDFUL EATING ♥
EMPOWERMENT ♥ WELLNESS, NOT WEIGHT



FACILITATED BY
ELISABETH PETERSON RD, CEDS-C
& LAURIE MANNS, LPC

SIGN UP TODAY
[PETERSONNUTRITION/BOOK-CLUB.HTML](https://petersonnutrition.com/book-club.html)
OR BY CALLING 804-440-3110

ARE YOU TIRED OF DIETS, FOOD RESTRICTIONS, AND THE ENDLESS CYCLE OF GUILT AND SHAME AROUND EATING? DO YOU WANT TO CULTIVATE A HEALTHIER RELATIONSHIP WITH FOOD AND YOUR BODY?


 BOOK YOUR SPOT TODAY FOR OUR EMBODY BOOK CLUB! 

INTUITIVE EATING IS A LIFE-CHANGING APPROACH TO FOOD AND WELL-BEING. IT ENCOURAGES YOU TO LISTEN TO YOUR BODY'S NATURAL CUES AND TRUST YOUR INNER WISDOM. NO MORE DIET RULES, GUILT, OR FOOD ANXIETY. IT'S ABOUT FREEDOM, SELF-ACCEPTANCE, AND NURTURING YOUR BODY'S UNIQUE NEEDS.

BOOK CLUB DETAILS:

 BOOK SELECTION: "INTUITIVE EATING" & "INTUITIVE EATING WORKBOOK"
BY EVELYN TRIBOLE AND ELYSE RESCH

 COST: \$495 FOR THE ENTIRE PROGRAM

 MEETING FREQUENCY: BI WEEKLY ON THURSDAYS

 MEETING TIME: STARTING JANUARY 11, 2024-MAY 16, 2024
FROM 7:00PM-9:00 PM

 LOCATION: VIRTUAL VIA ZOOM

✨ WHY JOIN OUR BOOK CLUB? ✨

COMMUNITY & SUPPORT: CONNECT WITH LIKE-MINDED INDIVIDUALS ON A JOURNEY TO FOOD FREEDOM AND SELF-ACCEPTANCE.

DEEP DIVE: EXPLORE THE PRINCIPLES OF INTUITIVE EATING THROUGH GROUP DISCUSSIONS AND SHARED EXPERIENCES.

LISTEN TO YOUR BODY: LEARN TO TRUST YOUR BODY'S CUES, HONOR HUNGER AND FULLNESS, AND ENJOY FOOD WITHOUT GUILT.

INCLUSIVITY: WE WELCOME EVERYONE, REGARDLESS OF THEIR BACKGROUND, TO FOSTER A DIVERSE AND SUPPORTIVE COMMUNITY.

SPACE IS LIMITED AND WE ASK THAT YOU REGISTER FOR THE GROUP
NO LATER THAN JANUARY 4, 2024

PARTICIPANTS WILL ALSO BE REQUIRED TO PURCHASE THE BOOKS FOR THE GROUP DISCUSSIONS

IF YOU HAVE QUESTIONS ABOUT THIS GROUP, PLEASE FEEL FREE TO EMAIL US AT
ELISABETH@PETERSONNUTRITION.COM OR LAURIE@LAURIEMANN.S.COM

DON'T MISS OUT ON THE CHANCE TO EMBARK ON A TRANSFORMATIVE JOURNEY TOWARD A HEALTHIER RELATIONSHIP WITH FOOD AND YOUR BODY. TOGETHER, WE'LL SUPPORT EACH OTHER IN EMBRACING INTUITIVE EATING AND FINDING FREEDOM FROM DIET CULTURE.