

Intuitive Eating Class:

Join us for eight sessions to learn how to make peace with food
Once and for all.

Intuitive Eating classes are designed around a proven method for maintaining healthy weight without restrictive eating and over exercising. You will learn to take control of your eating habits and free yourself from dangerous and debilitating diet, eating and exercise syndromes.

The 10 Principals of Intuitive Eating

1. Reject the Diet Mentality.
2. Honor Your Hunger
3. Make Peace with Food.
4. Challenge the Food Police.
5. Respect Your Fullness.
6. Discover the Satisfaction Factor.
7. Honor Your Feelings Without Using Food.
8. Respect Your Body
9. Exercise--Feel the Difference.
10. Honor Your Health--Gentle Nutrition.

8 Sessions~Wednesday Evenings

Starting April 17, 2013

6 – 7:00 p.m~Fee: \$45/session

Location:

2200 Pump Rd. Suite 220, Richmond, VA 23233

Group Facilitator:

Elisabeth Peterson, RD, CEDRD

Call (804) 440-3110

www.petersonnutrition.com