

Heal your relationship with food & your body.

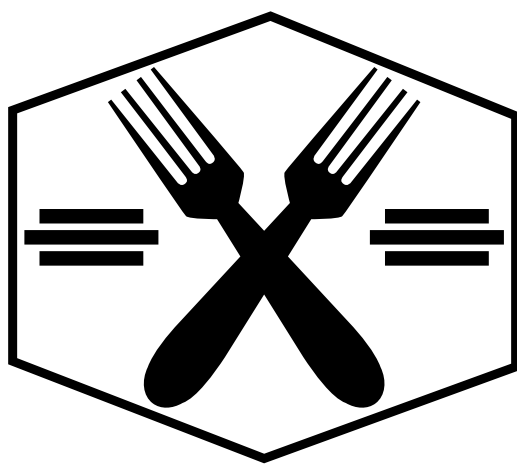
INTUITIVE EATING

VIRTUAL 10 WEEK GROUP

Jan 12-May 18, 2023



Facilitated by
Elisabeth Peterson, RDN, CEDS-S,
Certified Intuitive Eating Counselor



As the year comes to a close, a new offering begins January 2023: you are invited to join the next Embody Book Club where we will read *Intuitive Eating*. This book will provide information on the scientifically proven 10 principles of intuitive eating that help cultivate a healthy & satisfying relationship with food and your body. The group provides a supportive community to learn and grow from sharing our experiences from practicing the principles between sessions. The Embody Book Club knows we thrive by feeding our spiritual, physical, intellectual, emotional and social self-why go it alone?

This is a 10-session series that will meet remotely via Zoom and will run every other Thursday evening starting January 12, 2023-May 18, 2023 from 7:00-9:00pm.

The group will be facilitated by Elisabeth Peterson, RDN, CEDS-S, Certified Intuitive Eating Counselor.

The cost is \$495, less than a co-pay/hr. All payments are due in full by January 5, 2023.

Each participant will need to obtain the following books :

- *Intuitive Eating*, 4th Edition by Tribole and Resch
- *The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food*, by Tribole and Resch

Our first night together we will discuss *Principle One* and review material from the accompanying workbook.

So how do you register? Registration can be completed at: <http://petersonnutrition.com/contact.php>

Select "send us an email" with your name and label the subject line "Intuitive Eating Virtual Group." Space is limited and we ask that you register and pay for the group no later than Thursday, January 5, 2023.

If you have questions about this group, please feel free to email me at elisabeth@petersonnutrition.com