



# INTUITIVE EATING

VIRTUAL 10 WEEK GROUP  
JANUARY 13-MAY 19, 2022

HEAL YOUR RELATIONSHIP WITH FOOD



**FACILITATED BY  
ELISABETH PETERSON RDN, CEDRD-S  
& LAURIE MANNS, LPC**

---

SIGN UP AT  
[WWW.PETERSONNUTRITION.COM/CONTACT.PHP](http://WWW.PETERSONNUTRITION.COM/CONTACT.PHP)



As the end of this year approaches, we are inviting you to join us for the next Embody Book Club. This book club will provide education to you about intuitive eating to help cultivate a healthy and satisfying relationship with food and your body. It is intended to provide support and effective strategies that support intuitive eating principles. The Embody Book Club knows we thrive by be 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 13, 2022-May 19, 2022 from 7:00-9:00.

This group will be co-facilitated by Elisabeth Peterson, RDN, CEDRD-S, Certified Intuitive Eating Counselor and Laurie Manns, LPC, CSAC.

The cost of the 10-week series is \$495. All payments are due in full by January 6, 2022.

As a participant we ask that you obtain the books listed below:

- Intuitive Eating, 4th Edition
- The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food (A New Harbinger Self-Help Workbook)

On 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 for the group no later than Thursday, January 6, 2022. If you have questions about this group, please feel free to email us at [elisabeth@petersonnutrition.com](mailto:elisabeth@petersonnutrition.com) or [laurie@lauriemanns.com](mailto:laurie@lauriemanns.com)