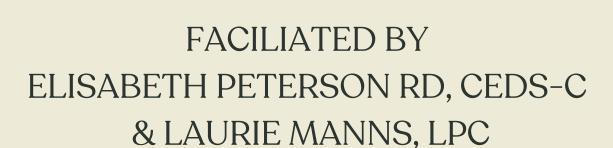
Embody Book Club presents...

Intuitive Eating



10 Virtual Gatherings from January 7, 2025, to May 16, 2025

Join us in embracing:

Self-acceptance

Body trust

Mindful eating

Empowerment

Wellness, not weight loss



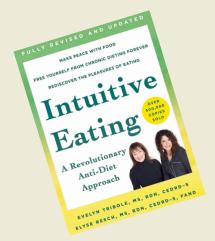


Are you ready to reconnect with food in a way that honors your body and aligns with your values?

Embody Book Club is hosting a weight-inclusive, compassionate approach to food and self-care.

A Book Your Spot Today for our Embody Book Club!

Intuitive Eating 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.

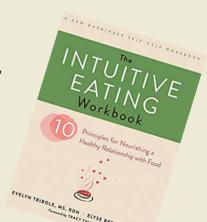


E Book Club Details E

Book Selection: "Intuitive Eating" & "Intuitive Eating Workbook" by Evelyn Tribole and Elyse Resch

🕏 Cost: \$400 for the entire program

Meeting Frequency: Bi weekly on Tuesdays



Meeting Time: Starting January 7, 2025-May 20, 2025 from 7:00pm-9:00 pm

1 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.

Guidance

Both nutrition and mental health perspectives are explored with trained professionals.

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 3, 2025

Participants will also be required to purchase the books for the group discussions