

# Embody Book Club presents...

## Intuitive Eating

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

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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.


[🔒 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.

### **Book Club Details**

 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

 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

