

“Only when you vow to discard dieting and replace it with a commitment to **Intuitive Eating** will you be released from the prison of yo-yo weight fluctuations and food obsessions.”

Evelyn Tribole, MS, RD and  
Elyse Resch, MS, RD, FADA, CEDRD  
Authors of *Intuitive Eating*



# INTUITIVE EATING PROGRAM

## STOP THE WAR WITH FOOD

**NEW SESSION STARTING SOON!**  
**11-Week Program • \$149.00/person**

**Reserve Your Space Today!**

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**Learn Intuitive Eating and finally make peace with yourself!** Intuitive Eating is an approach that teaches you how to create a healthy relationship with your food, mind, and body—where you ultimately become the expert of your own body. You learn how to distinguish between physical and emotional feelings, and gain a sense of body wisdom—so that you no longer have constant *food worry* thoughts. Join this 11-week program to learn the 10 Principles of Intuitive Eating and make peace with food once and for all!



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