

AM I HUNGRY? DROP THE DIET, FEEL AWESOME WORKSHOPS



ADULT 8 WEEK MINDFUL EATING PROGRAM IN PERSON AT ARCADIA COUNSELING CENTER

Learn to eat with confidence!
Let go of food "rules" and focus on you.

THESE WORKSHOPS ARE FOR YOU IF:

- + YOU WANT TO STOP DIETING AND START LIVING
- + DROP YOUR EAT - REPENT - REPEAT CYCLE
- + WANT TO FEEL IN CHARGE AND CONFIDENT EATING THE FOODS THAT MAKE YOU FEEL BEST
- + END MINDLESS AND EMOTIONAL EATING FOR GOOD

PROGRAM DATES:

**SEPT 25TH - NOV. 13TH MEETING WEEKLY
TUESDAY'S 12-1PM OR TUESDAY'S 5:30 - 6:30PM**

VISIT: KRISTINAHALLBERGRDN.COM

Space is limited register today!
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