

Are you a chronic dieter?
Struggling with body image?

Are you an emotional eater?
Do you feel shame when you eat?

Do you have an unhealthy relationship with food and your body?

Attuned Eating Educational Group

Also known as intuitive eating, this program was designed to help people develop healthier relationships with food and their bodies. Weight loss may be a happy side effect of attuned eating, but not the focus.

Reject diet mentality and learn how to break the diet/binge cycle by getting "in tune" with your body. This approach is effective in treating Binge Eating Disorder (BED), although a diagnosis of BED is not necessary to participate in this group.

Upcoming Course:

October 26 - December 7: Every Thursday from 4:30pm-6:30pm

10/26, 11/2, 11/9, 11/16, 11/30, 12/7

The Attuned Eating group is based on a book by Judith Matz and Ellen Franzel, **The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance, and Self Care.**

Purchase of the book is not required for the group, but is encouraged.



For more information, visit our website or call us today

www.hope419.com.

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