



Food is Not the Enemy
Make friends with food and **trust** yourself again!

GUIDED READING: INTUITIVE EATING COURSE

Date: Tuesday evenings
starting January 7th

Time: 6:00 – 7:30 pm

Location:

Food is Not the
Enemy Vancouver – 400 E.
Evergreen Blvd., Suite 309

Cost: \$450 for all 10
sessions or \$50 per
session (payment plans
available)

The new year is filled with temptations to diet and change your body. This year, how about taking a different route? Our 10-week guided reading Intuitive Eating course will help you learn to listen to your body and find true nourishment. This course will also give you a safe space to voice your story, your frustrations, your successes, and your questions. In this intimate group setting, you will have the support from others, a lower price point than one-on-one sessions, and 10 weeks to learn and grow with the guidance of a registered dietitian.



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