

## **INTUITIVE EATING - FOUR WEEK VIRTUAL PROGRAM**

### **Imagine having a peaceful relationship with food.**

No more obsessing over numbers. No more stress when it comes to food choices. Knowing what your body needs and when it needs it. Feeling free and at peace before, during and after mealtimes.

Does this sound impossible to you? Well get ready to chew on this. This is possible and you are able to achieve this and more.

**The Virtual Intuitive Eating Group Program** will interest you if:

- You want to be able to trust your body's cues and nourish yourself
- You want to stop feeling restricted and stop feeling out of control around food
- You care about your health but following a strict regimen stresses you out
- You want to be able to eat freely without any feelings of guilt
- You are busy and stressed, and food is the main way you experience relief
- You feel overwhelmed by conflicting diet advice
- Food is your comfort, and you feel you have an unhealthy relationship with food

Do any of these statements sound like you? If they do, then you are in the right place. Rather than focusing on restrictive diets, we will instead tackle your relationship with food. This **4 week workshop will focus on healing your relationship with food while introducing mindful nutrition techniques.**

**The intuitive eating program will help you:**

- End the cycle of dieting and break free from food rules that are not serving you
- Learn to distinguish between your body hunger cues, emotion or stress triggered hunger cues, and eating by the clock
- Navigate through emotional eating and learn new coping skills
- End the restrict-binge cycle and find peace and freedom
- Learn to eat from a place of self-care, not self-control and deprivation
- Find acceptance and comfort in the skin you're in, at any point in your health journey
- Re-integrate health habits back into your life in a non-restrictive manner.

This program is designed to help you get back in touch with your body and use it to guide your food choices. Intuitive Eating is a personal process of trusting your inner body wisdom to make choices around food that honour your physical well-being as well as your emotional health! To discover which foods feel good in your body, without judgment and without influence from diet culture.

**Intuitive Eating is not a diet or food plan. There is no pass or fail, no blowing it, rather it's a journey of self-discovery and connection to the needs of your mind and body.**

**Throughout this 4-week program you will learn:**

- How to listen to your hunger and fullness cues and why honouring them will actually make you obsess less about food
- Make peace with your scary foods and learn how you can introduce them into your life without feeling guilty
- Break up with diet mentality and learn why the diet mentality is harming you both physically and mentally
- Respect and love your body at all times
- Gentle nutrition tips to help you re-integrate strategies back into your life without triggering any negative emotions
- How to intuitively meal plan and meal prep without the added stress of a strict regimen
- How our relationship with food is so much more than just knowing when to eat and when to stop

By the end of this program, you will notice improvements in various aspects of your life. Your relationship with food will have improved and you will have the tools to continue mending this relationship. You will find how loving yourself is one of the most important aspects in any health journey and how we can engage in less negative self-talk.

**What's included in the program:**

- 4 weekly virtual themed educational sessions with a chance to ask questions and have open conversations (1 hour)
- Recipes including 10 breakfast recipes, 10 lunch recipes, 10 dinner recipes and 15 snack recipes you will be able to incorporate into your intuitive eating daily practices
- Weekly handouts that help you work through the various topics we will be discussing
- Access to the presentation slides so you will be able to always reference back
- A sense of community and not going through this alone

Are you ready to feel empowered in your relationship with food and yourself? Join us for our Intuitive Eating Program and let's become intuitive eaters together!

**The fee for this 4 week virtual program is \$150 plus H.S.T for all 4 weeks.** There will be 2 different group options so that we can offer a day time option and an evening option, for your convenience.

When you register please confirm your preference for Daytime Group or Evening Group.

The Evening program will run Wednesday evenings from 6:30 pm – 7:30 pm by video, starting Wednesday, April 21.

The Day program will run on Wednesdays from noon - 1pm, also by video, starting Wednesday, April 21. Group size will be capped for optimal learning and participation. Registrants will be accepted on a first come first serve basis.

To register please call Therapy Heals Inc at 905-936-4747, or by email: [info@therapyheals.ca](mailto:info@therapyheals.ca)

**The deadline to register is Monday, April 12.**