

## **INTUITIVE EATING - SIX WEEK VIRTUAL SUPPORT GROUP**

### **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 while being supported by others with the same goals.

### **The Virtual Intuitive Eating Support Group will interest you if:**

- You want to connect with others going through the same challenges and asking the same questions as you
- 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 want to be able to eat freely without any feelings of guilt
- You want to further enhance your knowledge of intuitive eating principles
- 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 **6 week support group will focus on healing your relationship with food, introducing mindful nutrition techniques while being in a safe and supportive environment with people feeling just like you.**

### **The intuitive eating support group 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
- Learn from the experiences of others who are integrating the principles of intuitive eating into their life
- 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.

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.**

This group is a place of nonjudgmental support where you can share experiences, ask questions, lift others up or receive uplifting yourself. Each week we will dive deeper into a principle of intuitive eating in a 20-30 minute lesson while having discussions about our struggles, our wins and how we can incorporate these principles into our daily lives. You will get worksheets each week to assist you in your own personal intuitive eating journey. This is not homework, just an additional way of supporting you through this journey.

This group is 6 weeks, 1-hour long each week. **The fee for this 6 week virtual support group is \$200 plus H.S.T for all 6 weeks.**

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)