

# Lose Weight Without Dieting

## Make Peace with Food this Holiday Season

### **This 4-week workshop will help you:**

- Identify physical vs. emotional hunger
- Recognize your emotional eating triggers
- Overcome mindless eating habits
- Manage cravings
- Calm your inner critic
- Learn how to soothe yourself without food
- Transform your relationship with food, *forever*

Registration is limited to 12 people. Group will meet weekly on Thursday afternoons from 4:30 to 5:30 P.M.  
Program begins Nov. 17, 2016.  
Cost: \$100/week (eligible for insurance reimbursement)



**For more information and  
registration, contact:**

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