



Program description

This is a small group, guided exploration of the principles to Intuitive Eating, a framework that helps us heal from diet culture while learning how to nourish, care for, and trust ourselves and our bodies again.

Conversations will be facilitated by Registered Dietitian & Certified Intuitive Eating Counselor, Dana Notte.

This group is for those:

- **Who want to break free from diet culture's food rules**, end the dieting cycle, and find greater peace and ease with food with an anti-diet approach eating, moving, and living.
- **Who are looking to learn more about or deepen their understanding of intuitive eating**, whether you are new to intuitive eating or have been on this journey for some time already.
- **Looking to actively engage in community and conversations with others** around topics pertaining to intuitive eating and anti-diet eating, moving, and living.

Program details

Dates: 6 weeks, October 12-November 16, 2022

Time: 5:00-6:15 pm ET

Location: Virtual meeting, held via Zoom

Early registration fee (by Sept. 21): **\$219.00**

use discount code: **OCTOBER2022IE**

Regular rate (by Oct 10): **\$249.00**

For more information & to register

<https://www.thrivinspirednutrition.com/iegroup>