

# CULTIVATING A PEACEFUL RELATIONSHIP WITH FOOD

Do you struggle with emotional eating?

Would you like to learn ways to create a more peaceful relationship with food?

Learn how to contact your emotions and experience them instead of stuffing them down using principles from Acceptance and Commitment Therapy (ACT).

ACT is an evidence-based approach with research backing its effectiveness in helping people who struggle with food and body image.

A structured lunch including mindful awareness of eating and emotions will provide an experiential component to the workshop.

Saturday, March 2nd, 2013  
10 am - 2:30 pm

709 Clarkson St,  
Denver, 80218

Reserve your spot today!

720-340-1443

or

720-209-7240

Special early bird price:

\$65 if you sign up

before 2/15

\$80 sign up on 2/15 & after

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Facilitated by



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MA, NCC, LPC



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