

**Nourishing Aliveness® Women's Healthy Natural Weight
Foundation Group begins March 23, 2024!**

Recover from dieting and emotional eating
Repair body despair
Restore self-body trust
Retain and enhance health & well-being
Rediscover what matters most

In Chestnut Hill from 12:00 am to 3:00 pm on the following 8 Saturdays:

- March 23, 30
- April 6, 13, 20, 27
- May 4, 11

Location: Chestnut Hill, PA

3-hour group meetings include:

- Brief meditation practice
- Discussions about:
 - Mindfulness and meditation practices
 - Emotional eating struggles and body image concerns
 - What's true about food, weight, and health
- Gentle mindful movement practice
- *Circle of Intention™* (to focus on self-care challenges and actions)
- Brief meditation practice

Fees: Group is 450.00** and *Pre-Group 1-1 Interview Session* is 120.00

**Group fee is discounted 10% for March 2 *Natural Healthy Weight Women's Workshop* attendees.

Note: Insurance may reimburse you. If you are concerned about the fee, please let me know. I'm sure we can work something out for you.

If you're interested in joining us, please call or text 215-514-1968.

We can answer any questions you have, reserve your space in the group, and schedule your *Pre-Group 1-1 Interview Session*.

Stop Watching Your Weight. Start Living Your Life.®