



NOURISHED LIFESTYLES

A Team of Registered Dietitians

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Intuitive Eating Program

An Anti-Diet Approach to Health

Do you find yourself thinking of food constantly, confused about what's "healthy", or struggle to feel comfortable in your own body?

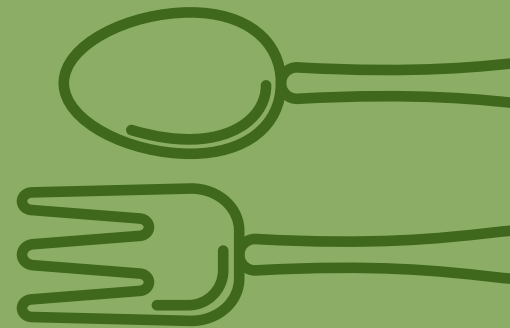
If so, we can help stop the struggle.

This program is led by **Registered Dietitians**. It includes **six group sessions**. Participants will meet weekly via video conferencing. Session topics include:

- Learning why diets don't work
- Recognizing and trusting biological hunger and fullness cues
- Understanding how emotions relate to eating patterns
- Finding sustainable ways to move
- Learning to set reasonable, achievable health goals

Where and When?

- This program is virtual
- Program participants will meet one-on-one (virtually) with their group dietitian prior to the first group session. During this initial meeting, you and your dietitian will review the course, discuss individual goals and look over a roadmap for success
- Check online for dates and times



Cost

Insurance may cover the cost of this program. Our team will work with you to determine your coverage.

We are in network with:



Space is limited, register online at
www.nourishedlifestyles.com/group-programs