

Is Emotional Eating sabotaging your health?



- DO** you eat because you are tired, bored, stressed, or angry?
- HAVE** you lost and regained the same pounds over and over again?
- DO** you eat for reasons you can't name?
- ARE** you frustrated with your inability to stop eating after you are full?
- HAVE** you worried that your eating is out of control?

If so, you are invited to join our exploration of the roots of emotional eating. Discover your own eating triggers; develop new ways to handle stress without food; and reclaim your enjoyment of good food.

This unique 8-week program fosters non-judgmental self-awareness in a supportive, confidential group setting. Learn from the experience and feedback of others while sharing your own wisdom and challenges.

When: Monday evenings from 6:30 - 8:00 PM

Dates: Call for next session (offered quarterly)

Where: 107 N. Palm Avenue
Indialantic, FL 32903

Cost: \$160.00/person includes the program & all materials

To Register: Call Lucy Lauer at 321-327-3793 or mail completed form at the bottom of this page to address listed.



Facilitators: Lucy Lauer, is a Licensed Mental Health Counselor with over 20 years experience helping people overcome emotional eating and other types of disordered, unconscious eating habits to achieve a healthier life and relationship with food.

Kristine Van Workum is a Registered Dietitian who specializes in nutrition counseling for disordered eating, diabetes and obesity.

For more information on counseling services go to www.lucylauer.com.

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Registration for Emotional Eating Group

Name(s): _____ **Phone #** _____

Address: _____

Please send your check to Lucy S. Lauer, 107 Palm Ave., Indialantic, FL 32903. Your registration will be confirmed by phone.