

You are not a problem to be fixed



Join me for a **FREE** informational Mindful Eating Workshop where you will discover how this 8 week mindful eating program can help you live your best life!

When: March 22, 2018

Where: Simply Nourished
18 N. 3rd St, Clear Lake, IA

Time: 7:30-8:30PM

For more information please contact:

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<https://www.moodfoodwellness.com>

Heal your relationship with food and your body!

Break your eat-repent-repeat cycle...learn to eat what you love and love what you eat—*without* rules.

“Spring into Life” 8 Week Mindful Eating Program

Tuesdays/April 3-May 22, 2018

6-7:30pm

Simply Nourished

18 N. 3rd St, Clear Lake, IA

Registration: Online or by Phone

www.moodfoodwellness.com

641-525-0514

Cost: \$249