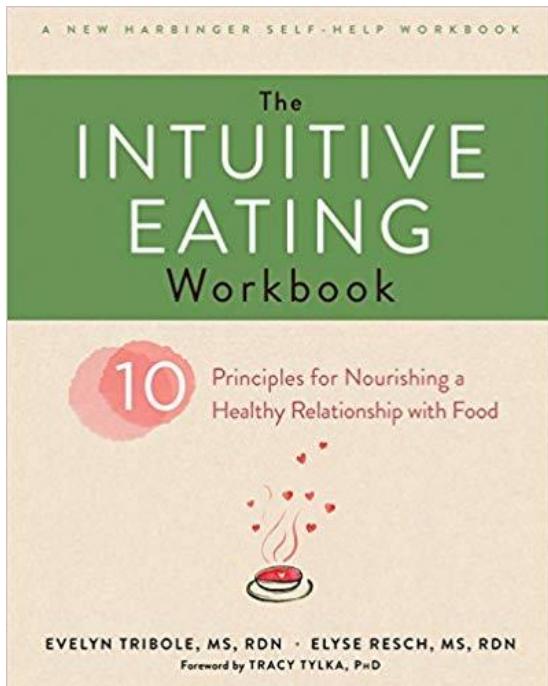


Ohio State Integrative Medicine

Presents: *Intuitive Eating*

Intuitive Eating is a **mind-body alternative to dieting**. It is a process of self-discovery & acceptance to break away from restrictive eating and weight cycling. To facilitate adoption of this non-diet approach, we are offering a 10-week discussion group.



Dieting promotes:

Food preoccupation
Food-related anxiety
Binge eating
Body dissatisfaction

Intuitive Eating promotes:

Self-compassion
Self-esteem
Optimism
Body appreciation

Free Introductory Meeting:

Date: Wednesday, January 22, 2020

Time: 5:30-6:30pm

Where: Ohio State Integrative Medicine
2000 Kenny Road, Columbus, OH 43221

Register: Email Chris Junk @ Christine.junk@osumc.edu

Contact: Chris Junk 614-685-4476