

Intuitive Eating Group

Eat when you are hungry, stop when you are full.

Sounds simple, right?...

For many individuals, this is a very challenging thing to do. Years of dieting, disordered eating behaviors and rules around food can distort the ability to follow one's innate hunger and fullness cues.

Intuitive Eating is an approach that teaches you how to create a healthy relationship with food and your body. Goals of intuitive eating are:

- To make peace with food so that you no longer have constant food thoughts.
- To learn how to distinguish between emotional and physical hunger.
- To bridge the gap between anti-diet and the obesity of overeating

The REDI Clinic offers a weekly Intuitive Eating group facilitated by Natalie Harris, RD, a registered dietitian who specializes in this treatment approach. This group is an 8 week program that incorporates the following topics:

1. Introduction: The Myth About Diets
2. What to Expect on Your Journey of Discovery not Judgment
3. Honor Your Hunger
4. Make Peace with Food & Challenge the Food Police
5. Feel Your Fullness & Satisfaction
6. Coping with Emotions/Respect Your Body
7. Exercise/Gentle Nutrition
8. Politics of Obesity & Menu Planning

When: Tuesdays from 5:30-6:30p.m.

Who: Individuals who have an unhealthy relationship with food.

Cost: \$25 per session.

For more information or to schedule an orientation session with Natalie, please call **(414) 727-4455**.

Visit us online at www.theREDIclinic.com

*This group is available at
our Delafield location*

402 Genesee St.
Delafield, WI 53018



Recovery for Eating Disordered Individuals