

YSU STUDENTS

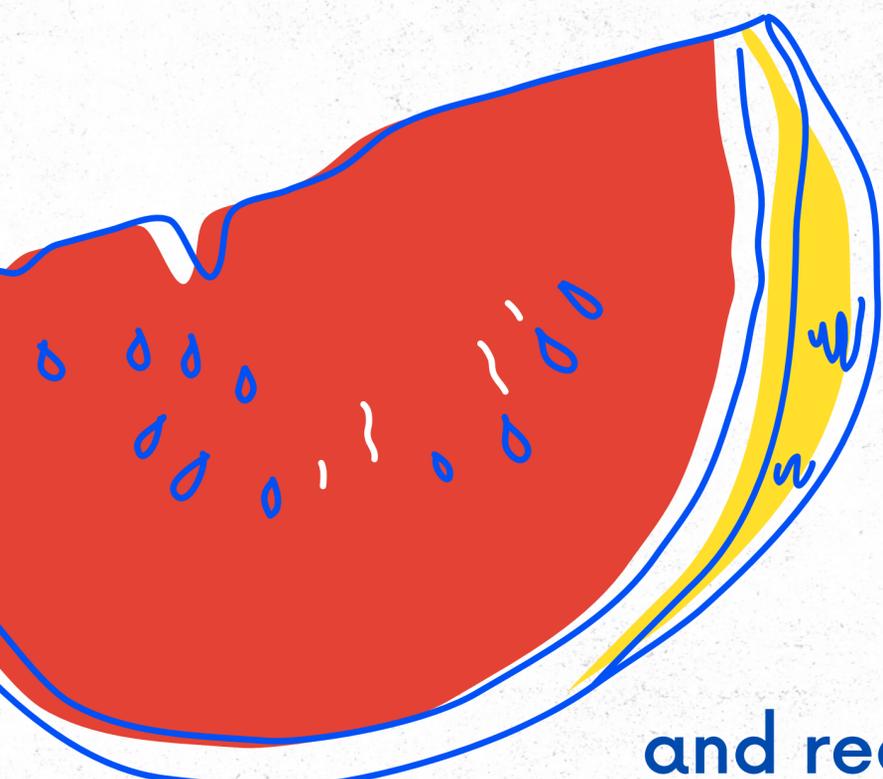
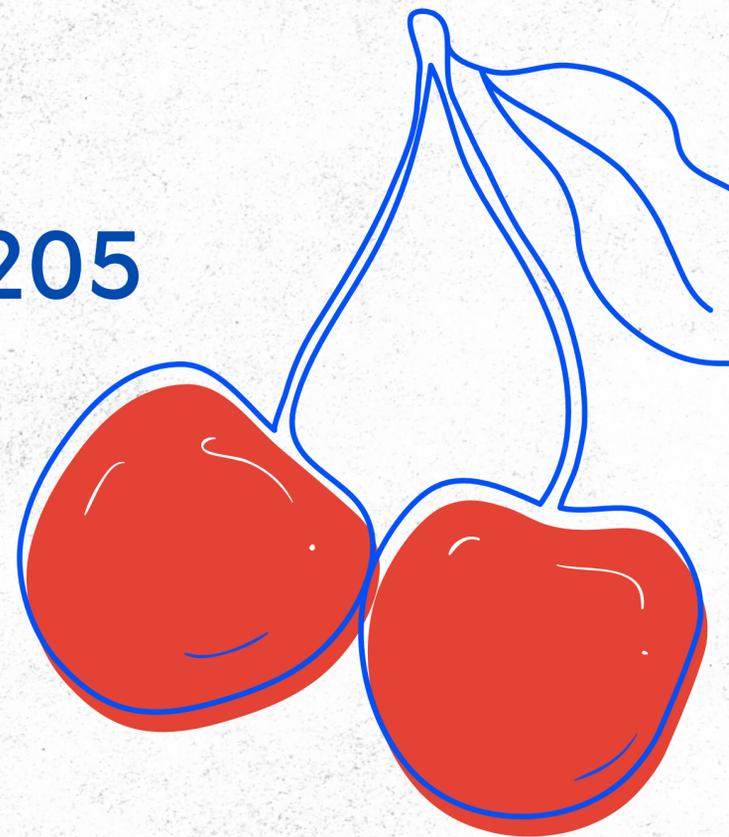


CHANGE YOUR RELATIONSHIP WITH FOOD: LEARN ABOUT INTUITIVE EATING

Fridays 4:30- 5:30 PM
(11/5, 11/12, 11/19)

Where: Beeghly Hall, Room 4205

What to expect: learn about intuitive eating & joyful movement; develop tools to challenge societal food "rules"



**Contact: smarek@student.ysu.edu
to RSVP or with questions**

**Incentive: Attend all 3 meetings
and receive The Intuitive Eating WorkBook**