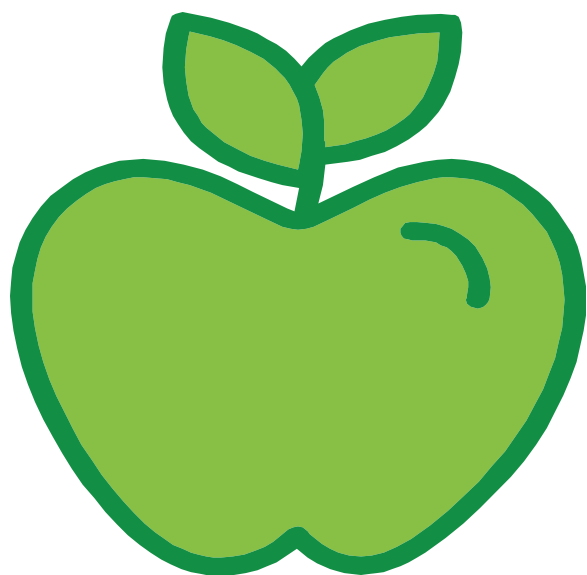


CONSUMED BY THOUGHTS ABOUT YOUR WEIGHT, FOOD, EXERCISE, YOUR BODY?

free



***Come and find a
balanced
relationship to
food, eating, and
your body through
mindfulness.***

- ***Discover what you're hungry for.***
- ***Be "in the moment" and end your struggle with mindless eating.***
- ***Practice self-acceptance and compassion.***
- ***Email: Michelle.Daoust@viu.ca for information/registration.***

***Presented by
The VIU
Counselling
Department***

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Tired of Emotional Eating

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