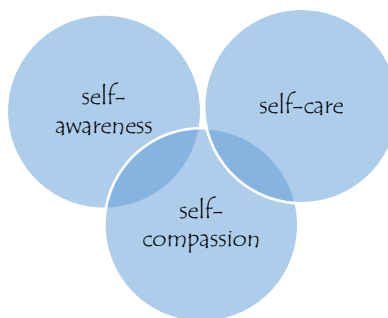


Healing Journey for Binge Eating/Emotional Eating

3 hour Mini Retreat

Sunday January 27th
10:00-1:00 pm
(sign in starts at 9:45 am)



“Nothing ever goes away until it has taught us what we need to know”
Pema Chödrön

Self-awareness, self-compassion, and self-care are key elements in overcoming binge eating and emotional eating. In this 3 hour experiential retreat you will have an opportunity for self-reflection to gain a greater awareness of what is driving your relationship with food.

You will learn basic tools and practices for recovery for binge and emotional eating, participate in a mindful eating experience, and create your own personal self-care plan. This retreat is creative, explorative, and interactive in nature. Recharge and renew your commitment to yourself and your recovery. This retreat is limited to 8 individuals. Cost \$100 for more information email mmarketlpc@gmail.com must register in advance

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