

Reclaim Your Relationship with Food Series

Join us to reclaim your relationship with food and embrace a more balanced approach to wellness. Each session will guide you through essential topics, from uncovering the truth behind trendy wellness myths to fostering mindfulness and embracing intuitive eating, empowering you to cultivate a healthier, more positive connection with food.

TUES, APRIL 8 AT 12PM ET

Unmasking Diet Culture

Join us to evaluate the history of diet messages and how it may have shaped how we view food and our bodies. We'll start building confidence in identifying quality content vs. clickbait and begin to redefine and reclaim what wellness means for your body and your life.

TUES, APRIL 15 AT 12PM ET

Challenging Mindset and Cultivating Awareness

Many internal and external factors influence how we perceive foods and how those perceptions impact our behaviors. Develop simple strategies to help you repair negative feelings about your diet and build a long-term, healthy relationship with food.

TUES, APRIL 22 AT 12PM ET

Mindfulness at Mealtime

Healthy eating and stress reduction are two essential pillars of optimal health. Unfortunately, both of these things can be hard to juggle with a busy lifestyle. Learn fun and straightforward strategies to promote health and happiness while enjoying meals to the fullest.

TUES, APRIL 29 AT 12PM ET

Intuitive Eating Workshop

In this interactive workshop, you'll learn how to get back in touch with what your body is telling you, learn more about what helps with hunger and fullness cues, and practice some skills to help re-engage with your inner intuitive eater.

REGISTRATION LINK

Nutrition Services are available at no cost through the NHC BCBS Health Plan. Classes and appointments are covered 100% with no out-of-pocket cost to employees and their dependents.



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