

Making Friends *With* FOOD

A class for people who want to enjoy eating and be healthy

Are you interested in developing a healthier relationship with food and yourself?

You may be dissatisfied with your weight, unhappy with your habits, curious about developing new choices, or simply ready to develop more mindfulness about food.

What you will take away:

- *A familiarity with the Compassionate Communication process*
- *Improved relationship with your body*
- *Greater self confidence in making choices*
- *Connect compassionately with yourself*
- *Eating by choice not by habit*
- *A lighter, fun and more flexible relationship with yourself and food*

Class begins Wednesday April 2nd from 11:30 a.m.-1 p.m. and runs for 6 consecutive weeks. The cost is \$150.00 and includes a thirty minute individual phone session. Maximum class size is 10.

*Questions, want more information, or to register call Carol at 389-0831
or email carol@intobalancecoaching.com website: www.intobalancecoaching.com*

Facilitator: Carol Delmonico is a Certified Life Coach and RN. She is passionate about working with individuals to create more balance in their lives. For Carol life is about becoming more awake in every moment and our relationship with food is a great avenue to explore that. www.intobalancecoaching.com



*“Carol’s listening skills are terrific, she meets people exactly where they are and helps them recognize their strengths.” Alyssa Bennett
I learned to connect compassionately with a part of me that I have been trying to silencing with food”
Carolyn Roemheld*