

Tuesday, October 30th  
6:00-7:00 PM

**INTUITIVE EATING:**  
HOW TO REJECT DIETING &  
LISTEN TO YOUR BODY'S  
INTERNAL CUES

Presented by Erika Siesennop, MS, RD, LDN  
of Healthier Tomorrows

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JOIN US FOR AN INFORMATIVE  
SEMINAR ABOUT THE "10  
PRINCIPLES OF INTUITIVE EATING  
WITH TIPS ON HOW TO LOSE  
WEIGHT THE HEALTHY WAY

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Hosted by RelationshipStore  
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[info@relationshipstore.org](mailto:info@relationshipstore.org) or  
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