

## Calling all overeaters, stress eaters, binge-eaters and grazers who want to transform their problematic eating behaviors and say good-bye to the rigid diet and feelings of guilt and deprivation.

Counseling sessions are provided by Jenny Arussi, MS, RDN, a Registered Dietitian Nutritionist and MB-EAT - **M**indfulness-**B**ased **E**ating **A**wareness Training Instructor with extensive experience with disordered eating, diabetes, PCOS, bariatric nutrition, and obesity.

### Two-Month Programs

Change It All

**8-weekly counseling sessions**

*\$425 per month or \$850 total, a **\$190 savings off \$1040***

Dive Deep

**6 counseling sessions**

*\$345 per month or \$690 total, a **\$90 savings off \$780***

Scratching the Surface

**4 counseling sessions**

*\$235 per month or \$470 total, a **\$50 savings off \$520***

### **Sessions include:**

- Experiential mindful eating exercises that teach experiencing the pleasure and taste of food without overeating
- Techniques that increase mindfulness of your triggers to eat, specifically the problematic eating behaviors that keep you from losing weight
- Mindfulness practices that increase awareness of your physical sensations of hunger and fullness
- Nutrition-related eating strategies that promote satiation and weight loss

Programs commence after the initial session at Change My Eating, Inc. Remote sessions may be conducted via Zoom's video platform or phone. Ala carte appointments are only available during, or after 6 months of continuous program enrollment. A minimum 6-month commitment is recommended to practice and sustain desired behavioral changes.

**Ask about our group MB-EAT programming!**

**[www.ChangeMyEating.com](http://www.ChangeMyEating.com)**