



Keystone Therapy Group

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Intuitive Eating Workshop

Topic: How Intuitive Eating and Mindfulness can lead to healthy lifestyle changes.

Population: Adults 18+

Modality: 90-minute virtual workshop

Date: Tuesday, March 28th, 2023

Meeting Time: 7:00pm – 8:30pm (90 minutes)

Cost: This workshop is free to clients who would like to participate.



About: This workshop will teach clients about Intuitive Eating and provide an experiential process using mindfulness and meditation. Goals of the workshop include providing psychoeducation to clients about the benefits of intuitive eating, improving daily mindfulness experiences, implementing lifestyle changes with food, and increasing emotional awareness while decreasing doubt when eating.

*Note: Clients attending will be asked to bring three pieces of food to the workshop to eat during the mindfulness practice (i.e.- raisins, pretzels, apple slices, cheese, popcorn, baby carrots).

Therapist: Workshop is led by Jackie Bailey, Student Counseling Intern, and Integrative Health Coach, at Keystone Therapy Group. You may read more about her [on our website](#).

Next Steps: If you are interested in discussing the workshop further, or signing up, **please contact us no later than March 21, 2023**, via email at Workshop@KeystoneTherapyGroup.com. The link to join the workshop will be emailed to those who have signed up a couple days prior to the scheduled meeting.