

Do you struggle to know what to say when you hear....

“I never lose weight whatever I do?”

“I’ve tried everything and nothing works.”

“I’m always hungry.”

“Eating is just a habit I can’t break.”

- * If you find it hard to know how to respond, you’re not alone.
- * There *are* some straightforward and effective ways to answer!
- * Discover them by joining Dr Jen Nash, Clinical Psychologist & Rosie Walker Education Specialist, for our brand new event:

Non-Hunger Eating -

Practical Psychological Skills Workshop

*This workshop will show you how to deal with these ‘conversation stoppers’.

*We *guarantee* you’ll leave with a new skill-set to respond effectively, in your very next consultation.

When?	Wednesday 5 th July 2017, 9.45am-4pm
Where?	Heythrop College, Kensington Square, London, W8 5HN
Cost?	Just £75+VAT = £90 (special introductory price)

Places are limited, so email today, to reserve your place and receive all the details:

hello@eatingblueprint.com