

LIVING *Light*

*BUILDING MENTAL
STRENGTH AROUND
EMOTIONAL AND SOCIAL EATING*

Once we bring our attention to the entire experience of planning, shopping, and eating, we stop getting lost in the thinking mind and become less caught up in any complicated emotions we might have around food. We allow ourselves to be re-acquainted with the pleasure of nourishing ourselves and others. Starting January 9th at 3 PM!

Here's what we'll cover:

- Food Education
- Social Eating and Drinking
- Kitchen Hacks
- Mapping out Your Meals
- Accountability
- Positive Behavior Change
- Social Eating



UNDERSTAND EATING PATTERNS



BUILD YOUR MENTAL MUSCLES

CLASS DETAILS

- Date, Time, & Duration: January 10 12pm
Start Date meeting every other week, 1
Hour on Zoom
- Cost: The group program will be \$150 for
12 weeks. These are Zoom Coaching
Sessions and Accountability Check-ins.

SCAN & SIGN UP:



[HTTPS://WWW.KITCHENTHERAPYWITHBRANDY.COM](https://www.kitchentherapywithbrandy.com)