

Is the HUNGERWISE™ 9 week Group Program for you?

Do any of these sound familiar?

- Years of off and on dieting and weight losses and gains?
- Cravings that feel out of control?
- Guilt at eating "forbidden" foods, or if you miss a workout?
- Eating due to stress? Anxiety? Strong emotions?
- You're either "on" a diet or "off" a diet, but rarely (if ever) accepting your body and eating with peace



Diets fail people, people do not fail diets. Research shows one of the greatest predictors of both weight gain and disordered eating is the pursuit of weight loss. Yes, bodies can sometimes change, but shame, punishment and denial do not lead to wellness. How much of your life has been lost due to dieting and believing your body is "the problem"? Hungerwise can help you into a new relationship with food and your body.

Learn to:

- Undo "diet brainwashing" that sabotages your efforts to both accept yourself and change
- Understand your unique body's cues for hunger, fullness, cravings, and nutritional needs
- Learn to let your body sort out the weight it needs to be at, as you sort-out the ways body shame and diet culture have affected your body image
- Allow your body to settle at a stable weight, as you sort-out how you want to sustainably eat, move and live for the long term
- Feel great about being you and connect with others on a similar journey

HUNGERWISE™ is unique. Unlike diet programs, Hungerwise was developed by a nationally known clinical expert in eating disorders. The program has been offered for several years through the Center for Eating Disorders and St. Joseph Mercy Hospital in Southwest Michigan. Hungerwise has finally made its way to West Michigan!

Next Group Offered: October 2, 2018 Tuesday Evenings 6:30-8PM

Facilitated by Jennifer DiGennaro MA LLPC, psychotherapist and founder of Nourished Energy

Price is \$395 and includes workbook

Visit Hungerwise.com and NourishedEnergy.com to learn more about the program and facilitator

Call or email Jen to enroll: 616-446-6728 or Jen@NourishedEnergy.com

HUNGERWISE™

You were born knowing how to eat;

HUNGERWISE™ helps you remember what dieting made you forget