

EVOLVED EATING



Susan Weiss Berry, MS, CNS, CHHC, is a Nutrition Counselor who has been a lecturer, writer, Program Design Specialist and Nutrition Consultant during her 25+ year career.

Mindfulness-based
Tools to End Your
Struggle with Food
and Weight

Monday, February 22
12:00 noon-1:00 p.m.
Werner Lecture Hall

Celebrate BODY PRIDE WEEK

Ready to stop struggling with WHAT you eat?
You know, “can’t have carbs,” “must count calories.” Binge today, starve tomorrow. And then there’s the good and bad food, the good and bad you, the constant battle with food and weight. If you’re fed up with the fear and shame, the daily repetition of promises and regrets... Welcome to EVOLVED EATING, a unique, effective and gentle process that frees you from struggling over WHAT YOU EAT by teaching you HOW TO EAT.
TOOLS NOT RULES!



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For more information, contact Robin Davenport, x3905 or visit our website at www.caldwell.edu/counseling