

Embody Book Club presents... Intuitive Eating

FACILITATED BY
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10 Virtual Gatherings from
January 6, 2026, to May 12, 2026

Join us in embracing:
Self-acceptance
Body trust
Mindful eating
Empowerment
Connection

link
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bio



Are you ready to reconnect with food in a way that honors your body and aligns with your values?

Embody Book Club is hosting a weight-inclusive, compassionate approach to food and self-care.

[🔒 Book Your Spot Today for our Embody Book Club! 🔒](#)

Intuitive Eating encourages you to listen to your body's natural cues and trust your inner wisdom. No more diet rules, guilt, or food anxiety. It's about freedom, self-acceptance, and nurturing your body's unique needs.

Book Club Details

 Book Selection: "Intuitive Eating" & "Intuitive Eating Workbook"
by Evelyn Tribole and Elyse Resch

 Cost: \$400 for the entire program

 Meeting Frequency: Bi weekly on Tuesdays

 Meeting Time: Starting January 6, 2026-May 12, 2026 from 7:00pm-9:00 pm

 Location: Virtual via Zoom

Why Join Our Book Club?

Community & Support

Connect with like-minded individuals on a journey to food freedom and self-acceptance.

Guidance

Both nutrition and mental health perspectives are explored with trained professionals.

Deep Dive

Explore the principles of Intuitive Eating through group discussions and shared experiences.

Listen to Your Body

Learn to trust your body's cues, honor hunger and fullness, and enjoy food without guilt.

Inclusivity

We welcome everyone, regardless of their background, to foster a diverse and supportive community.

**Join us in this enriching conversation by
reserving your spot today!**

Participants will also be required to purchase the books for the group discussions

