

Embody

Summer Book Club

STARTS JUNE 8TH

"A cause for celebration." — Ann Patchett

The Correspondent

VIRGINIA EVANS

A NOVEL



FACILITATED BY
ELISABETH PETERSON RD, CEDS-C
& LAURIE MANNS, LPC

[PETERSONNUTRITION/BOOK-CLUB.HTML](https://www.petersonnutrition.com/book-club.html)
OR BY CALLING 804-440-3110

The Healing Power of Connection

Book Club Details

Book Selection: "The Correspondent: A Novel" by Virginia Evans

Cost: \$200 for the entire program

Meeting Frequency: Biweekly on Tuesdays
7:00 pm-9:00 pm

Meeting Time: Starting June 9, 2026-August 4, 2026

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

Nurture a gentler relationship with your body by exploring ideas that honor and respect it-just as it is, without needing to be fixed or improved.

Healing Relationship with Food & Body

Embracing self-compassion, trust, and liberation from diet culture, moving towards body autonomy and body sovereignty.

Inclusivity

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

Books are not provided for the chapter discussions, so securing a library loan or purchase is necessary.

To join us, please register by visiting online at petersonnutrition/book-club.html
or by calling 804-440-3110

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