

# Healthy Natural Weight Women's Workshop

March 2, 2024

Saturday

12:00 – 3:00 pm

Chestnut Hill, PA

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*"This workshop was excellent.  
Great combination of instructor-led  
information and group participation.  
I really enjoyed it."*

–University of Penn workshop participant

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TO REGISTER, call  
215-514-1968

FEE: 34.00

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Questions? Call  
Amy Tuttle  
215-514-1968

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Workshop participants receive a discount for  
the next 8-week *Nourishing Aliveness*® Group.  
Workshops are optional (attendance is not  
required to join the group).



Join us for a **taste of mindfulness** at  
this introductory workshop, and  
begin to:

**Tune into your needs and wants, and discern  
what is true for you**

- with ancient practices that are supported by research in neuroscience, psychology, and mindfulness
- with formal and informal mindfulness practices, including gentle mindful movement
- through discussions about women's issues, body image concerns, and emotional eating struggles
- with the Mindful Process of *KAR-ing*®

**Use the wisdom of what is true for you and your  
body** to let go of "shoulds" and diet dictates, and to skillfully discern what is needed now and how much is enough, emotionally and physically

**Take realistic action steps to**

- Recover from dieting and emotional eating
- Repair body despair
- Restore self-body trust
- Retain and enhance health and well-being
- Rediscover what matters most to you

**Stop Watching Your Weight. Start Living Your Life.®**