



# Food & Body Freedom Circle

## Make Peace with Food

Diane Summers, Registered Dietitian, and Peggy Farah, Psychotherapist, present an 8-week education and support group for women struggling in their relationships with food and their bodies. While this group is not intended to replace individual therapy, it can be a valuable tool to aid in your recovery.

To register, or to find out more, please contact  
Peggy: [peggy@deepercravings.com](mailto:peggy@deepercravings.com) / 425-321-5859 or  
Diane: [diane@hopenutritiontherapy.com](mailto:diane@hopenutritiontherapy.com) / 425-422-6782.



Limited to  
8 Women

Facilitated  
Support

Intuitive and  
Mindful Eating

Health At  
Every Size<sup>®</sup>

\$395 / participant  
due at time of registration

### LOCATION & TIMES

406 Main St. Suite 106  
Edmonds, WA 98020

Fridays 10-11:30 AM

Sept 15, 29  
Oct 13, 27  
Nov 10, 17  
Dec 1, 15