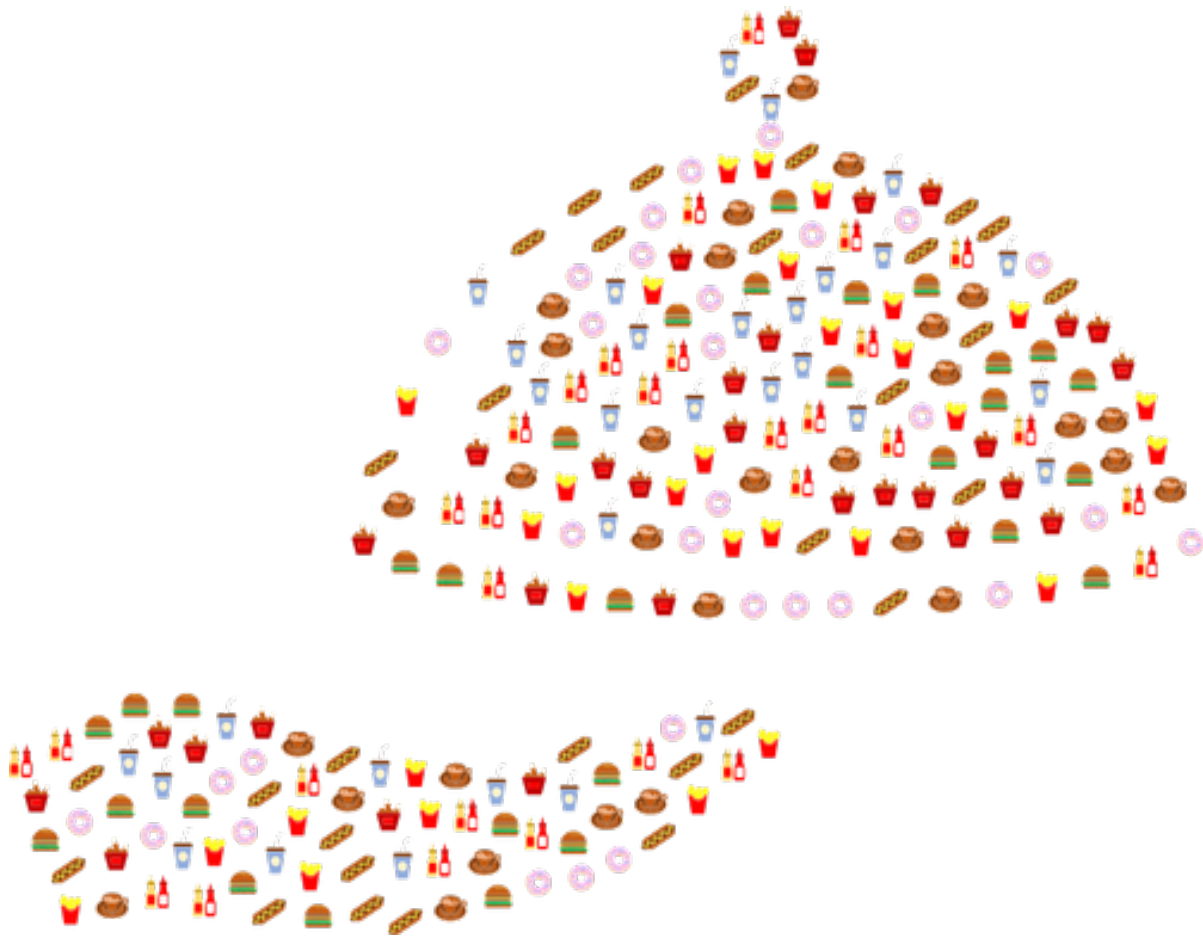


Intuitive Eating Workshop

Thursday, February 20th 2020

12:30-2:00 PM

Studio A - Humber College North Campus



Tired of:

- Diets that never seem to work for you
- Trying to figure out if a food is healthy or not
- Feeling guilty for eating the wrong things

It's time to let that all go! Let's talk about how.