



a HealthyNS Program

FREE Online Class Making Peace with Food (2 week series)



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to register

Are you tired of rigid and restrictive weight-loss diets? What if there was another way to approach healthy eating by focusing on gradual changes and flexibility over time? Join us to gain a deeper awareness of how thoughts and emotions influence our eating patterns. We will also explore how to notice hunger and fullness cues and practice mindful eating. Learn how being kinder to ourselves can help us work towards our health goals.

Sign up today:

Visit: www.healthyNS.ca
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