



Say 'Goodbye' to Diets

Weight Management Workshops

The workshop will help you to:

- Understand the underlying reasons why you comfort eat/overeat
- Understand what your food cravings are trying to tell you
- Clear out old outdated thoughts and feelings about food, that no longer serve you
- Take back control of your eating habits and your life
- Create a more positive outlook on life

Workshop runs from **10.00 – 4.30** - Refreshments and light lunch provided

- Analysis of current relationship with food (what, why, when, where)
- Food cravings
- Lifestyle changes
- Habits - releasing the old and reinforcing the new (hypnosis)

Lunch

- Barriers to success/self sabotage
- What else needs to change? Taking back control
- Exploring the past (hypnosis)
- Action planning

Workshop includes handouts and a CD for home use.

Cost £70 – Contact Elizabeth 07906 091022 to book

Workshop to be held at:

Fyfield, Greenhill Park Road, Evesham WR11 4NL

