

Break free from yo-yo dieting.

*We get it.
You've tried it all.*

Counting calories or points, eliminating food groups, or drinking shakes only to end up feeling guilty and even more focussed on food than before.

You are not alone! There is in fact one expert you really should listen to... the expert in **YOU!**

In the Mindful Eating Program we'll show you how.

We provide you with the tools and support to heal your relationship with food and live a balanced and healthier life.



Healthy Living NT
Shop 1&2 Tiwi Place
Tiwi

8927 8488

mindfuleating@healthylivingnt.org.au

If you are a health or wellness professional and feel that this service may be of benefit to your clients please refer them on.

Feel free to attend our information sessions or get in touch to discuss ways that we can work together.

Although delivered by an Accredited Practising Dietitian no Medicare rebate is available for these workshops; however a rebate through private health funds may be available depending on the level of cover.



healthylivingNT

Mindful Eating Program

Are you a stress eater, an emotional eater or a yo-yo dieter?

Do you feel out of control around food and your weight?

If you answered yes to any of the above this program is for you.





Am I Hungry?® Mindful Eating Program

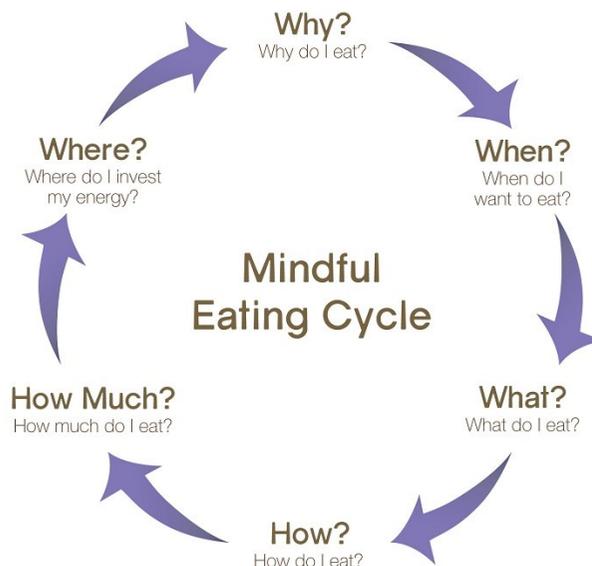
What does the program involve?

The Am I Hungry?® Mindful Eating Program involves 8 weekly workshops, each running for 90 minutes in a group setting.

Together we explore *in depth* the numerous decisions we make each day surrounding food and eating. We provide you with the tools and guidance to be in charge of your eating.

Each week we cover the various decision points in depth:

1. In Charge, Not in Control
2. Trust Your Body Wisdom
3. It's Not About the Food
4. What Am I Really Hungry For?
5. Fearless Eating
6. Mindful Eating
7. Just Right
8. Self-Care Buffer Zone.



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Upcoming Programs

When: Tuesdays 12pm - 1.30pm
Tuesdays 6pm - 7.30pm
8 workshops over 8 weeks
24 October to 12 December 2017

Where: Healthy Living NT
Shop 1& 2 Tiwi Place, TIWI

Cost: \$350*
10% discount Healthy Living Members

Book: 8927 8488
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What's Included?

Delivered by an Accredited Practising Dietitian registration cost includes:

- 8 weekly workshops
- The Am I Hungry? Mindful Eating Program for Companion Workbook and Awareness Journal
- Am I Hungry online member portal access

For more information on the program

www.amihungry.com

