EMPOWERED EATING
Overcoming Stress Eating

Are you ready to get healthy??

- Learn how to manage physical cravings for food
- Learn how to recognize emotional cravings for food
- Learn about the role that sugar plays in our chronic disease and emotional well-being
- Learn how to feed your primary hunger vs your secondary hunger and how to tell the difference
- Learn techniques for managing primary hunger stress and feeding your secondary hunger to stop the cravings
- Sample healthy snacks and take some recipes home

COST: $99 per person or $75 per person if you sign up with a friend ($150 for two people)
**RSVPs needed as space is limited**

Call 248-244-8644 to reserve your spot or signup online at perspectivesoftroy.com/groups-workshops

Questions? SCrane@Refresh-MI.com

Workshops will be facilitated by Stephanie Crane, LMSW, CPT, CJHC. Stephanie has over 27 years of clinical experience as a social worker, a certified personal trainer, and most recently as a certified integrative health coach. She blends a combination of holistic health into her clinical practice with children, teens, and adults.

2 Convenient Locations!

**Troy:**
**Adults:** Friday, May 3rd from 6-9pm
**Teens:** Friday, May 10 from 6-9pm
Troy location: 888 W. Big Beaver, Suite 1450, Troy, MI 48084

**Plymouth:**
**Adults:** Friday, May 31 from 6-9pm
**Teens:** Friday, June 7 from 6-9pm
Plymouth location: 705 S. Main Street, Plymouth, MI 48170