

EMPOWERED EATING

Overcoming Stress Eating



Are you ready to get healthy??

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

- 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

Workshops will be facilitated by Stephanie Crane, LMSW, CPT, CIHC. 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