



\$25/session
\$200/for all 10
weeks



10-Week

INTUITIVE EATING

Outpatient Group

Enlighten is now offering an **adult 10-Week Intuitive Eating virtual group** that will take a deeper look at each principle of intuitive eating and provide an open and safe space to further your journey towards a positive relationship with food.

Will this group supplement outpatient care?

No, This group is a *compliment* to existing outpatient care.

Do I need a treatment team to participate in this group?

It is highly recommended to have a full treatment team, including a Dietitian and Therapist when working towards your recovery. However, it is not a requirement of participation.

How will this group be conducted?

At this time Enlighten is offering this group virtually via a HIPAA compliant link that will be provided after sign-up.

How to sign up for this group?

Please contact our practice via email or phone provided below. You will be given access to a HIPAA compliant platform in which you will be able to complete all necessary forms and direct access to the virtual group.

What if I can't make all the groups?

In the event that you cannot attend a group, you have the option of receiving a recording of the event after sign-up. You are also not required to participate in all sessions, however, highly recommended.

Will this group be covered by insurance?

At this time, Enlighten will not be able to bill insurance for this service. We strive on providing affordable care, if at any point you feel that this is not possible for you please contact our office and will work with you the best we can!

Wednesday 6-7 PM EST.

- Week 1, Nov. 29: Rejecting the Diet Mentality
- Week 2, Dec. 06: Honoring your Hunger
- Week 3, Dec. 13: Challenge the Food Police
- Week 4, Dec. 20: Respect your Body
- Week 5, Jan. 03: Discover the Satisfaction Factor
- Week 6, Jan. 10: Feel Your Fullness
- Week 7, Jan. 17: Make Peace with Food
- Week 8, Jan. 24: Cope with your Emotions with Kindness + Coping Skills
- Week 9, Jan. 31: Gentle Nutrition
- Week 10, Feb. 07: Joyful Movement



Enlighten Nutrition, Counseling, and Care

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