



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



# 10-Week

# INTUITIVE EATING

## Outpatient Group

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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, June 19: Rejecting the Diet Mentality
- Week 2, June 26: Honoring your Hunger
- Week 3, July 10: Challenge the Food Police
- Week 4, July 17: Respect your Body
- Week 5, July 24: Discover the Satisfaction Factor
- Week 6, July 31: Feel Your Fullness
- Week 7, August 07: Make Peace with Food
- Week 8, August 14: Cope with your Emotions with Kindness + Coping Skills
- Week 9, August 21: Gentle Nutrition
- Week 10, August 28: Joyful Movement

Enlighten Nutrition, Counseling, and Care

571-310-6029

[info@enlightencounselingandcare.com](mailto:info@enlightencounselingandcare.com)

19 Wirt Street SW Leesburg, VA 20175

