

**\$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 6-7PM EST.**

- **Week 1, June 14:** Rejecting the Diet Mentality
- **Week 2, June 21:** Honoring your Hunger
- **Week 3, June 28:** Challenge the Food Police
- **Week 4, July 12:** Respect your Body
- **Week 5, July 19:** Discover the Satisfaction Factor
- **Week 6, July 26:** Feel Your Fullness
- **Week 7, Aug 2:** Joyful Movement
- **Week 8, Aug 9:** Cope with your Emotions with Kindness + Coping Skills
- **Week 9, Aug 16:** Make Peace with Food
- **Week 10, Aug 23:** Gentle Nutrition

Enlighten Nutrition, Counseling and Care

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