



Mind Body  
Nutrition

## Starting a Nutrition and Health Counseling Group:

**Who:** You can create your own group with 6 people or more (maximum 20.)

**What:** A three-month interactive series of six workshops designed to help participants explore which specific foods support or hinder them, get new recipes, discover new foods, understand and avert cravings, explore “Primary Food” (how your life nourishes you) and demystify marketing claims. The aim is for participants to become more empowered about their health. The program includes:

- Six 90-minute sessions to learn about food, to discover *your* path for lifestyle change, discuss your challenges and make progress towards your goals.
- Fun challenges as "homework" to help us discover more about your unique constitution.
- Handouts, recipes, foods-to-try and intriguing snacks during each session.
- A community of like-minded people to connect with.
- An online forum and resource center for learning and swapping recipes
- Tours of a local health food store and/or grocery store.

**When:** Six mutually agreeable dates will be chosen at 2-week intervals.

**Where:** Your location. Participants can host house parties or choose a conference room somewhere to meet for all six sessions.

**How much:** \$85 per person, per month, or \$240 if paid in full. A commitment (and payment) to all six sessions is required. Payment for the program is due before the first workshop. Cash, checks and credit cards are accepted.

**Contact:** Holly Noonan at (207) 975-9442 or [holly@mindbodynutrition.net](mailto:holly@mindbodynutrition.net) for more information.