

# NUTRITION SERVICES

## INTUITIVE EATING WORKSHOP

In this workshop our dietitian guides you through the 10 principles of Intuitive Eating (created by Evelyn Tribole and Elyse Resch) which guide you to reconnect with your body's innate intuition. If you are tired of dieting and are ready to try a new approach this workshop may be for you.



**Dates:** Wednesday, Feb 8, 15, 22, March 1 & 8  
**Time:** 4:30-6:00pm  
**Location:** **Smiths Falls Community Health Centre**  
2 Gould St. Smiths Falls

For more information, contact [rnutschmann@rideauchs.ca](mailto:rnutschmann@rideauchs.ca)



Rideau Community  
Health Services

Your Community Health Centre

Photo from: <https://freelancedietitians.org/dietitian-blog-posts/>

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