

# Intuitive Eating Group Series

Are you sick of restrictive diets leaving you frustrated with your body? Join our tri-institutional Intuitive Eating Group Series!



In this monthly session, we will support one another as we learn the skills needed to improve our relationships with food and body. Certified Intuitive Eating Counselor & Registered Dietitian Natalie Nowak will guide you through the basics of listening to your body. We'll discuss honoring your body's internal cues and how to find body respect through food and movement.

Open to all CCD, MSU and CU students who identify as cis women, trans women or non-binary folks. Please know this group is not suitable for those actively engaged in eating disorder behaviors.

**Wednesday, February 19**

Session 1: Ditch the Diet Mentality

**Wednesday, March 12**

Session 2: Listen to Your Body's Internal Cues

**Wednesday, April 9**

Session 3: Respect Your Body through Food and Movement

All sessions are from 11:30am-1pm in Tivoli Room 542. Participation in all three sessions is encouraged!

Scan for registration. Got questions? Reach out directly to Natalie Nowak, MS, RD at [nanowak@msudenver.edu](mailto:nanowak@msudenver.edu)

