

HEALING FOR EMOTIONAL EATING AND BINGE EATING WEBINAR

WHO DOES THIS WEBINAR SERVE?

This webinar is ideal if you are new to discovering how you use food to cope and to self-soothe, or if you have been stuck and want to recharge your commitment to your recovery. This is a low vulnerability opportunity where you'll leave armed with tools and understanding!



MONDAY, OCTOBER 23
5:30-7PM



\$75 INVESTMENT

FREE ACCESS WITH PREVIOUS
OR NEW PURCHASE OF E-
COURSE



**TO ENROLL IF YOU PREVIOUSLY
PURCHASED E-COURSE, PLEASE EMAIL
MICHELLE: MMARKETLPC@GMAIL.COM**
**TO ENROLL IF YOU HAVEN'T
PURCHASED E-COURSE, CLICK LINK
BELOW AND USE CODE: **WEBINAR2023****
AT CHECKOUT



**ALL PARTICIPANTS WILL
RECEIVE A SELF-STUDY
GUIDE, TRIGGER LOG, AND
SELF-CARE GUIDE**



Self-awareness, self-compassion, and self-care are key elements in overcoming binge eating and emotional eating. In this webinar, you will have an opportunity to self-reflect and gain a greater awareness of what is driving your relationship with food. You will learn basic tools and practices for recovery for binge and emotional eating, understand patterns and triggers that lead you to use food to cope, and create your own personal self-care plan. Come be a student of yourself.

LINK TO E-COURSE: [HTTPS://MICHELLE-MARKET-LPC.TEACHABLE.COM](https://michelle-market-lpc.teachable.com)