

Ditch the Diet...

and explore

Intuitive Eating!

Halt the binge~restrict~repeat cycle in its tracks.

Discover true satisfaction from eating.

Take the focus off the scale & onto how you feel.

Taught by Michelle Kuster, RD, LD, Hy-Vee on Agency
Dietitian & Certified Intuitive Eating Counselor



Tuesday, May 24

5:30 – 7 p.m.

\$10 per person, due at registration

Conference Room at Hy-Vee on Agency



Sign up at Customer Service or by contacting Michelle at
mkuster@hy-vee.com or (319)753-1616