



## *Food & Your Emotions*

*It's Not About the Food*

*A Series of Classes about the FOOD-MOOD Connection*

*Live, Online via Zoom*

*Presented by  
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*If it's not about the Food ... What's it about?*

If you're an Emotional Eater take the first step toward healing your relationship with food and learn about the *Food~Mood* Connection

**Emotions, Behavior, Mindset** ... they're all connected.

Do you ever feel like eating but you're not hungry and you don't know why?

Do you start bingeing on food and can't stop?

Do any of these actions leave you feeling bad about yourself?

If so, you're not alone because we will talk about healing ... together.

I offer a safe space in a small group setting to share and connect via Zoom.

Join me and let's Go with The Flow ~ Together.