

DIET / EXERCISE ROLLER COASTER

GET OFF THE COASTER

TRANSFORM

your relationship with food, weight and your body

- Interrupt overeating or bingeing cycles
- Understand the physiological and psychological reasons diets fail
- Learn to differentiate between physical and emotional hunger
- Connect positively and trustingly with your body
- Make movement a wonderful part of your life, not another “have to”
- Discover your path to a stable healthy weight that feels good to you and your body

BODYWISE INTENSIVE


Through lecture, movement, writing and visualization, this revolutionary approach will change your life

This intensive course is an excellent jump start to therapy for recovery from binge eating disorder and compulsive eating as well as for those already involved in therapy.

- Cost:** \$895 (\$100 off if you register by Friday Oct 2)
When: Friday November 13, 9:00 am to Sunday, November 15, 12:00 pm
Where: Webers Inn, 3050 Rd., Ann Arbor, MI 48103
Included: All program sessions and materials, breakfast, lunch and snacks daily.
To Enroll: Call (734) 668-8585
Payment is accepted by credit card (V, MC) or check.

A limited number of rooms is reserved on-site
Make room reservations directly with Webers at 800.443.3050

To learn more, please visit www.stopcompulsiveeating.com.



AMY PERSHING, LMSW, ACSW, Director, Bodywise; Binge Eating Recovery Program; Clinical Director, The Center for Eating Disorders, is a nationally recognized therapist and lecturer. She brings more than 20 years in the field of eating, weight and body image issues. Using her experience with hundreds of clients, as well as her own recovery from chronic dieting, Amy brings great passion and hope to helping women finally find peace with eating and their bodies.



ROBIN OKUN, MSW, Movement Therapy Specialist. Certified Brown Belt Nia Instructor. Robin earned a Master's degree in Social Work from the University of Michigan and has been involved in mind-body healing for over 20 years. She has a warm, humorous and engaging style and inspires women to discover pleasure, passion and comfort in movement, their bodies and in life. Robin stopped exercising 4 years ago when she discovered the Nia Technique.

