

CAPS invites you to a
5 week workshop series on

Attuned Eating

Fridays from 2:30-3:45 pm

starting **September 27th**

in the CAPS Solarium

All genders welcome

Explore healing your relationship with food
and your body from the impact of diet
culture and size prejudice.

Strengthen awareness and coping skills to
attune your eating habits to your internal
cues and care for your emotions.

Make connections in a Health At Every Size
(HAES) space.

Please register through the
brief survey by **9/23**

Questions? Please contact

Dr. Ginnie Taylor at

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