



Improve your relationship with food

Are you struggling with healthy eating?

Do you find that you are an emotional eater?

**Thursday, June 14, 2018
6-8:00 p.m.**

Memorial's Education Center
2506 West Nob Hill Blvd

Virginia Mason Memorial is offering a night with a licensed expert on intuitive eating. You'll learn ways to create a healthy relationship with food and with yourself.



**To register, call
509-249-5317.**

**Cost is \$5.
Space is limited.**

Chelsea Buffum, MS, LMHC
works with people who want to improve their relationship with food and their bodies.



**Virginia Mason
Memorial**

Diabetes Prevention
& Wellness