

# Howe to Eat

*individual counseling and group workshops*

**Howe to Eat Wellness Workshops** are dynamic, interactive workshops designed to educate and entertain. Jennifer is a Certified Health Counselor who helps women and men enhance their quality of life by changing their relationship with food. Each workshop is sixty minutes, and includes time for Q&A. Participants are energized and motivated, and leave ready to make immediate, sustainable changes to increase their health and happiness. Tips and recipes are provided to share with friends and family.

## Howe to Get Off the Sugar Rollercoaster

Does the vending machine call your name at 3 pm? Do you feel like you're on an energy rollercoaster and can't get off? If you're constantly craving sweets and want to gain control over sugar without feeling deprived, you'll love this workshop. You'll discover what's behind those midday sugar cravings and learn some ways to reduce or eliminate your sweet tooth.

## Howe to Eat More and Weigh Less

Confused by the dozens of diet options out there? Worried you have to deprive yourself, be hungry all the time and struggle to lose weight? In this workshop you will learn which foods are most filling and satisfying while discovering what eating habits and lifestyle techniques you can use to actually eat more and weigh less.

## Deconstructing Cravings

Do you have food cravings that just won't quit? Whether you crave sweet, salty, crunchy or creamy foods, it's possible that there is more to the craving than just a need for a snack. If you want to learn more about what's driving your eating behaviors, please join Jennifer for this enlightening workshop. She'll share her methods for Deconstructing Cravings. You'll discover what's behind those maddening food cravings and learn healthier ways to indulge them.

## Howe to Eat for Women

Women are natural nurturers. We're great at looking after others, but often neglect ourselves. Learn how food affects your mood, hormones, energy, and weight. Discover how you can be so much more for others when you first take care of yourself. We'll talk about stress, confidence, cravings and balancing priorities.

## Eating for Energy

Is it hard to get up in the morning? Do you crash in the afternoon? Come learn what foods will make you feel your best. By tuning in to your body's needs and focusing on original foods, you can experience increased energy and vitality. Learn about original foods and how they can sustain your energy levels, stabilize your mood and increase your productivity and overall happiness.

## Howe to Eat for Heart Health

Confused about what foods are healthy for your heart? Join Jennifer for an educational and entertaining workshop. In this workshop you will learn which foods support a healthy heart and how to easily incorporate them into your daily routine.

## Healthy Eating on the Go

We all want to eat healthy but sometimes things get busy and we just don't have time to cook. Find out how to make great choices when eating out – wherever that may be. Explore simple tips towards the good, better, and best nutrition decisions and empower yourself to create a healthy and enjoyable dining experience. We will look at how to make your take-out options healthier – bring your favorite menu to the workshop.

## Eat or Be Eaten: A Holistic Approach to Cancer Prevention

An educational and entertaining introduction to the foods and habits that can keep cancer at bay while helping you feel and look great. Learn about the top foods to pursue and those to avoid, eating techniques, the role of exercise and stress management.