



# Emotional Eating Freedom Formula™

Your Six Week Solution  
to Creating a  
Healthy Relationship with Food

**Your weight is just a symptom.**

Get to the true root causes of why your weight is a struggle.  
Experience a program that transforms you from the inside out.

**change your mind and change your results.**

Get results and keep them for life.

Prioritize healthy habits within your busy lifestyle.

Make healthy choices anywhere, anytime starting now.

Shift your perception from struggle to success.

## Emotional Eating Freedom Formula™ Details:

- Attend six weekly live webinars or listen to recordings.
- Answer brief five-question quiz to receive credit for each week.
- Participate in weekly 60 minute Office Hours to get answers to your questions.
- Access learning management system site to access recordings and handouts.
- Receive your own copy of "Don't Eat It. DEAL With It! Your Guidebook On How To STOP Eating Your Emotions"

## Emotional Eating Freedom Formula™ Takeaways:

- Break free from the limiting beliefs that hold you back.
- Create a coping toolkit to manage your stressors and handle any situation.
- Utilize simple and powerful techniques to create mindfulness with eating.
- Embrace new behaviors that you will support a lifestyle of health and happiness.



Register via Echris - WW5950

\*\*\*Begins 8/23/16\*\*\*

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