

The Psychology of Eating



Eat like you
love yourself

**Do you suffer from
Heart Disease? Diabetes? High Blood Pressure?**

Would you like to attend a group to look at why we eat what we eat? Why we sometimes make unhealthy food choices? What are the emotional and psychological reasons that lie behind our unhealthy eating habits?

Why do we often eat more than we need?

This group will begin on **Monday 7th January from 3pm - 4pm**
and run for 6 sessions until Monday 11th February.

If you would like to attend please see your GP or healthcare professional to book a place.



Portcullis Surgery

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