



"We all know the foods that are good for us; we are reminded through the media every day. We beat ourselves up for our weight and our shape and I'm passionate about reversing that cycle of self-blame.

This two day course seeks to explain why we eat the foods we do and with support and information, invites you to explore your own relationship with food. We will work together to recognise the influences that led you to develop your preferences and why these eating strategies continue.

With understanding grows kindness and compassion towards ourselves. From this position of raised self-esteem we can better consider alternative options if we wish". . . . *Jenny Holmes*

FOOD AND ME

...What's going on?

...Understanding Psychology, Food & You

How?

Jenny Holmes (Senior Accredited Counsellor & Psychotherapist) will run this course over two consecutive days with a small group of people.

Where?

The Hall, 4, New Street, Salisbury

There is ample car parking in the George Mall multi-storey car park next door (£7 per day).

When?

Saturday 10th July 10am – 4.30pm

Sunday 11th July 10am – 4.30pm.

Cost?

£200 (to include both days, snacks and refreshments, handouts and information packs).

For information, discussion or to book a place, please contact Jenny Holmes by email: jennyholmes@totalise.co.uk or ☎ 07765 058057. Visit Jenny Holmes at www.jennyholmes.com

drsteveholmes & ASSOCIATES

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