



Kellie Berry Nutrition INC
Greater Lowell Personal Development Center LLC

Feeding the Soul

Emotional Eating and Body Acceptance Support Group

Feeding the Soul is a weekly support group for woman challenged with emotional overeating . Our program emphasizes developing a healthy lifestyle that honors our complex relationship with food and the body we live in. Freedom from emotional eating is possible!

Do you use food to cope with stress and other emotional issues?

Do thoughts about your appearance affect your mood and take up daily energy and time?

Do you eat to escape worry or comfort yourself?

Do you use food to alter your mood?

Feeding the Soul is facilitated by Kellie Berry a Registered Dietitian and Denise Peaslee a Licensed Mental Health Counselor. Freedom from eating challenges, requires satisfying physiological hunger and learning ways to sooth yourself without food.



To learn more about Feeding the Soul please call Kellie Berry RD at 978-808-7003 or Denise Peaslee LMHC at 978-455-8242.

\$30.00 per session.

2 Courthouse Lane #10
Chelmsford, MA 01824
Greater Lowell PDC LLC