



# MMHG Wellness Presents:

## Intuitive Nutrition Webinar Series

Nicole Cormier, RD, LDN and founder of [Delicious Living Nutrition](#), is an anti-diet dietitian, local food enthusiast, author, an intuitive eating nutrition therapist and a certified Be Body Positive Facilitator. Join Nicole as she facilitates a six part series of monthly nutrition webinars that will help you create a more positive and sustainable relationship with food.

Register for all 6 webinars or for individual webinars by email at [wellness@mmhg.org](mailto:wellness@mmhg.org) or by calling 774-773-9306. Recordings of the live webinars will be available to view anytime.

**We'll be raffling a \$25 gift card after each live webinar among participants!**

### **Session One: Intuitive Nutrition June 2nd, 12:00– 1:00 pm**

Practicing intuitive nutrition is the process of learning to listen to your body by cultivating awareness of its needs, creating a sustainable relationship with food, and making mindful choices that support your optimal health.

### **Session Two: Nourish and Heal with Nutrition July 7th, 12:00– 1:00 pm**

Nourish and heal yourself with whole foods and functional nutrition. Learn how to incorporate more immune-boosting foods that will support your digestion. We will give you the tools for incorporating more nutrient-dense, anti-inflammatory foods into your meals that will nourish and heal your body, as well as maintain a healthy relationship with food. Including journaling tools, meal meditation practices and much more that can support your journey.

### **Session Three: Nutrition Fundamentals **Rescheduled for August 18th** , 12:00– 1:00 pm**

Understand the fundamentals of nutrition and how to assemble wholesome ingredients to curate nutritionally-dense meals. We will implement formulas to fulfill your nutritional needs and create balance within your daily practice. You'll receive a sustainable meal plan that fits your lifestyle and schedule. We will also highlight the benefits of incorporating local food sources, as well as provide seasonal and local food experience.

### **Session Four: Food and Emotions September 1st, 12:00– 1:00 pm**

Exploring your relationships with food and emotions. Tap into your relationships to food and learn more about how it distracts you from life and connecting with others. Learn how to focus on feelings instead of mindless food decisions. Connect your own realizations and how to help be kind to yourself as you continue forward.

### **Session Five: A Well-Stocked Pantry October 6th, 12:00– 1:00 pm**

Transform your pantry and stock it with everything you need to make intuitive eating a daily practice. A nutrient-dense, well-stocked pantry is a must for a healthy lifestyle; it will support you to cook intuitively.

### **Session Six: Think Local November 3rd, 12:00– 1:00 pm**

Using local ingredients in your pantry to create new meals can be exciting, creative and help you achieve your goals without waste. Choose your vegetables, grain and protein. This approach encourages you to practice creating your own simple meals without following recipes.

**Webinars are free and open to all Mayflower Municipal Health Group (MMHG) member unit employees, retirees & dependents.**