

LONDON CENTRE FOR INTUITIVE EATING

This is to certify

ANNA TROJANOWSKA

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DATE: 03.2021

has completed the 6-hour course on

APPLYING INTUITIVE EATING AND NON-DIET APPROACHES IN PRACTICE

MODULES COVERED:

Introduction to intuitive eating and non-diet approach
Unconditional permission to eat
Reliance on hunger and satiety cues
Eating for physical rather than emotional reasons and
body image
Body food choice congruence and non-diet exercise
Putting it all together

LAURA THOMAS PhD, RNutr
COURSE DIRECTOR

