



# Living Well North Tyneside

Supporting Health and Wellbeing

**Cost:** £15



**Type:** Face to Face

Sam Gibson - Emotional Eating Coach

Thursday 30th January 6.00pm-8.00pm Bede Room, Linskill Centre

Do you often find yourself: Turning to food for comfort? Struggling to stick to a healthy eating routine? Feeling so overwhelmed with daily life that eating seems like the only way to cope? If so, my in-person workshop—How to Stop Binge Eating and Heal Your Relationship with Food—is here to help. In this workshop, you'll learn:

Proven strategies to break free from emotional eating.

Practical tools to heal from disordered eating habits.

How to identify triggers and manage emotions without relying on food.

The science of sustainable, healthy weight loss—without deprivation.

Strategies to build a balanced, guilt-free relationship with food. Follow in the footsteps of the 1000s of people from all over the world, who I have personally helped heal their relationship with food and eliminate emotional eating from their lives. It's time to break free from the cycle of emotional eating and take the first step toward a healthier, happier you. Join me for this transformative workshop, and leave feeling empowered with the tools, strategies, and confidence to take control of your relationship with food.

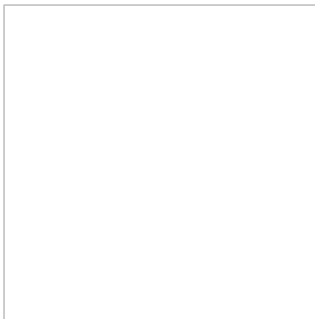
Tea, coffee & healthy snacks provided Tickets £15 each



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[healthy eating](#) | [nutrition](#) | [emotional support](#)

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