



NEW FREE PROGRAM!!!

EMPOWERED EATING

Interlake-Eastern RHA is excited to unveil a new complimentary program called ****Empowered Eating****. This initiative adopts a weight-neutral perspective to promote a healthier relationship with food.

Created by registered dietitians and mental health professionals in Manitoba, Empowered Eating focuses on helping you:

- Embrace self-compassion
- Challenge food and diet regulations
- Nourish your body effectively

If you often experience guilt around eating, identify as an emotional eater, or wish to escape the dieting cycle while feeling more empowered in your food choices, this program is tailored for you.

Next session:

Tuesdays, Nov. 3 - Nov. 24, 2026

Time: 10am-12pm

Online Teams Meeting

To register call 1-877-979-9355 or email wellness@ierha.ca

