



Book me for a speaking engagement, lecture, key note or interactive workshop

Topics Include:

- The Seduction of Slow Eating - “How to slow down our eating in a fast-food world”
- Food, Mood and Immunity - Learn how food powerfully affects our mood and immunity
- The Body Image Blueprint - Heal your relationship with your body from the inside out.
- Unhinge your Binge - How to overcome Emotional, Stress and Binge Eating

Contact Jenny for pricing and availability

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