

Jenny's Online Courses

- 7-day Mindful Eating email Course <FREE>
- Unhinge the Binge
- Seasonal Soup Program

Coming Soon!

- Kind and Gentle Weight Loss
- Meal Planning Made Easy
- The Mindful Family Meal

All Courses can be purchased at:

http://jenny-eden.teachable.com/courses



www.jennyedencoaching.com - jenny@jennyedencoaching.com