

Meet Your Coach!



Donna L. Hull

- Certified Psychology of Eating Coach
- Life Coach
- Wellness & Health Coach

When you partner with Donna at Body Image Wellness Center you get:

- lovingly guided **solutions** and strategies
- a **"dynamic eating psychology"** approach that helps you identify:
 - the intimate connection between your health and other primary life dimensions
 - the things that drive our behaviors toward food
- **"mind-body nutrition"** – how thoughts, feelings and beliefs impact your nutritional metabolism and health
- recognition of what **your body** is really telling you
- **transformation** of your relationship with food
- learning **balance** between your mind, body and behavior
- shape-shifting into a new life style, new mindset, new body and a new **YOU!**

~ Donna is extremely caring and knowledgeable. She helped change the way I view food. I learned to be kinder to myself. She helped me to focus on health and wellness, not dieting. ~

~ ...our one-on-one sessions brought so much clarity to how I regard myself, my body and my relationship with food. I now have a more positive outlook, I feel better, and I'm able to make healthier choices. ~

~ ...Donna probes deeper than - "here eat this" or "don't do that". She spends time passionately discussing your goals and behavioral patterns. I would recommend Donna's services to anyone seeking insight into living a healthier life free of guilt. ~

Body Image Wellness Center

offers:

- one-on-one sessions with: women, men and teens
- group sessions with 4 or more people
- family sessions
- couples sessions
- workshops

If you're wanting to lose weight and improve your overall health, energy and body image, then Body Image Wellness Center is for YOU!



BODY IMAGE
wellness center.

A Sustainable Approach to Weight Management

www.bodyimagewellnesscenter.com

email ~ donna@bodyimagewellnesscenter.com

call ~ 937.477.6614



BODY IMAGE
wellness center™



a new mind-body approach to your relationship with food

Donna L. Hull

Certified Psychology of Eating Coach

Body Image Wellness Center and

YOU! YOU!

That's right, it's all about YOU!

- Your **Mind**
- Your **Body**
- Your **Inner Dynamic Being**

...all flowing together as one team to
create a super healthy, feel great, **YOU!**

*what is your
relationship
with food?*



At Body Image Wellness Center (BIWC) you get a
new, exciting, cutting edge, break through
approach ~ that works!

Psychology of Eating!

Developed by the Institute of the Psychology of Eating
you'll find this style of coaching effectively addresses:

- weight concerns
- body image challenges
- binge eating
- overeating
- nutrition related concerns:
 - digestion
 - fatigue
 - mood

At BIWC, we don't see your eating challenges as a sign
that "something is wrong with you". BIWC is the place
where you can fully explore the personal dimensions in
your life that impact food, weight and health.

We can help you discover that your challenges with
eating, weight and health are intimately connected
to other primary life dimensions. These can include
work, money, relationships, family, intimacy, life
stress, sexuality, your search for meaning in your
life, fulfillment, and so much more.

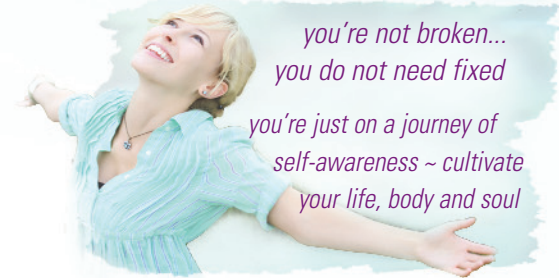
One Size Does Not Fit All!

We'll show you how to take an in-depth look of your
personal eating and food related challenges. You
can see where you truly need to focus in order to
make a critical and positive change. Once you
discover what's really relevant, success is more
easily achieved.

We'll help you reveal and understand how the
following can profoundly influence digestion,
metabolism and calorie burning:

- stress physiology
- the relaxation response
- breathing
- awareness
- pleasure
- meal timing and much more!

*let go of "perfectionism"!
imperfections are soul lessons ~
learn, grow and move on*



*you're not broken...
you do not need fixed
you're just on a journey of
self-awareness ~ cultivate
your life, body and soul*

How Do You Make A Change?

Are you tired of those same 'ol,
same 'ol, pesky questions:

*step away from
body unhappiness and
into a mind-body
love affair*

- Why can't I lose weight?
- Why do I gain it back
and more?
- Why don't I feel good?
- Why am I so tired?
- Why do I sabotage
my diet?

Then Body Image Wellness Center will not only help
you find answers but most importantly, life-long solutions
for sustainable weight management, a more nourished
body and a rewarding life style!

*what we "eat" is only
half of the story*



www.bodyimagewellnesscenter.com