

EDRC "ASK THE EXPERTS" PRESENTS

# Intuitive Eating: Modeling Healthy Behavior & Creating a Supportive, Non-diet Food Environment at Home for Your ED Child

JEN POWERS, MS, RDN

SATURDAY, JULY 9, 2022  
9:30 - 11 AM PST



Jen Powers is a local Non-Diet Registered Dietitian Nutritionist, Certified Intuitive Eating Counselor, and Certified Yoga Teacher specializing in eating disorders, healing chronic dieting, HAES, and intuitive eating. She received her Bachelor's in Nutrition at UC Berkeley and Master's in Nutrition at CSU Long Beach where she worked closely with Evelyn Tribole, one of the co-authors of the book Intuitive Eating, on her Master's thesis project and received supervision from her as well. Later she became a Certified Intuitive Eating Counselor. Jen has worked in the eating disorder field at various levels of care over the past 13 years and started her private practice 1.5 years ago. Her training in mindfulness, meditation, and yoga offers a unique opportunity to strengthen the mind body connection. Jen works with adolescents and adults, offering one-on-one nutrition counseling sessions and family support as well as body empowerment and body positive yoga workshops. It is Jen's passion and mission to help people feel empowered in their body and enjoy food again.

## **CLICK HERE TO REGISTER!**

(ZOOM LINK WILL BE EMAILED TO YOU UPON REGISTRATION)



Please send your questions to [nancy@edrcsv.org](mailto:nancy@edrcsv.org). These will be sent to her ahead of time so she can address them on July 9th.