

FOOD FREEDOM GROUP

Do you struggle with binge eating, emotional eating, or restrictive eating? Do you think about food often or struggle with body image?

Learn to improve your relationship with food and your body in this equine-assisted, Christian faith-based counseling group.

Date & time to be determined

Group for women 16+

COST:

\$65 per session

LED BY:

Kate Jackson, MS

Pre-Licensed Counselor
under supervision

Anjelica Farino, MMFT

Marriage and Family Therapist
under supervision



FILL OUT THE
INTEREST SURVEY



OR CALL **615-973-5454**
TO LEARN MORE