

# STOP the Food Fight!

Get to the root cause of your eating and drinking habits...



## Enjoy the Benefits of:

- A **powerful new way** of creating healthy, liberating and lasting lifestyle changes – shifts that will allow you to reach and maintain your goals in weight, fitness and overall health.
- A **potent way** to deeply resolve long-standing issues such as low self-esteem, poor self-image, lack of willpower, procrastination, insecurity, anxiety, and feelings of emptiness.
- A **series of techniques** you'll learn to take away with you to continue to improve your health in all areas.
- The **BEST** way we know of to end the eating battle, once and for all – **Stop the Food Fight.**



Presented by:  
Bet Dening-Weatherston

## UPCOMING IN CANADA

Kelowna, British Columbia  
September 19-20, 2015  
Mekong Restaurant Meeting Room  
1030 Harvey Avenue

**\$345**

Includes \$50 early bird discount which ends August 15, 2015

"Excellent! I discovered issues in me that I haven't understood until now, allowing me to change my eating behaviours. I really appreciated the opportunities to work as deeply as needed to discover and clear underlying issues."

"This workshop really delivered! I now feel free and light in how I relate to food! Fantastic processes based on our experiences and references. And, great to learn about how our brain makes up its mind before the thought is consciously thought."



In partnership with:

**CONSCIOUS**  
LEADERSHIP COACHING

*(The Stop the Food Fight Seminar is offered by CLC – Conscious Leadership Coaching BV, Netherlands and internationally presented by selected CLC – Partners/Associates)*

To register – [www.stopthefoodfight.org](http://www.stopthefoodfight.org)

For more info: Bet (604) 741 7056 or Jo (250) 863 9084