



Healthy & Happy Holiday Eating!



You CAN have both!

Don't go through another holiday season feeling either hollow and deprived watching others enjoy eating, or guilty for overeating. There is a reason that 95% of diets fail.

Deprivation does not work!

Don't wait until New Years to create a **healthy relationship with food.** This is the best time to do it!



you and **food**

are yet to be the

friends you

can and should be.

**Join Clarity Solutions Wellness Coaching
for a 4-session or 8-session program to**

Form a positive, healthy
relationship with food,
that you can maintain
& even strengthen over the holiday season.

Find out how today!

Visit www.claritysolutionscnyc.com or call 315.382.8554

