

Taste & See

A church based programme to help you



develop a healthy relationship with food

Rediscover your natural signals of hunger and fullness

Find a new freedom to eat and enjoy food

Consider how God can help

Taste & See encourages:

- Guilt-free enjoyment of food
- Avoidance of unhelpful dietary restrictions
- Responding to your body's natural appetite control
- Acceptance of who you are
- A compassionate and caring environment

Taste & See is NOT about:

- Telling people what to do
- Being the 'food-police'
- Judging others by their size or eating habits
- Apportioning blame

Programme runs over 10 weekly sessions, free of charge, for the purpose of research.

For more details contact your local facilitator _____

<http://tastes.coventry.ac.uk>