

Noshing toward Nirvana:
An Exploration of Feeding the Body, Nourishing the Soul, and Freeing the Spirit

with **Ellen Frankel**

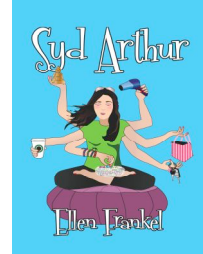


Fat Talk Free Week and Love Your Body Day presentation

Brought to you by *Valley Green Counseling* and *Feast Upon Life™*

Sunday, October 16, 2011

4:00 pm in Erdenheim or 7:15 pm in Center City



Join us and *The Diet Survivor's Handbook* co-author, **Ellen Frankel**, for this *Fat Talk Free Week and Love Your Body Day* kick-off reception and fun presentation. Ellen will be signing her books, including her latest book, *Syd Arthur*, a hilarious and insightful story about a middle-aged Jewish woman from the suburbs who lives in our dieting and shopping culture, and who, like Prince Siddhartha 2500 years ago, finds her way to acceptance and meaning.

You don't have to live in the suburbs or be middle-aged or Jewish to benefit from Ellen's presentation. You just need to be a woman who, instead of feeling bad about your body and your eating, wants to enhance your self-care and live more comfortably and fully in your body in this moment of your precious life.

There is no charge for the Ellen Frankel events, but we will be accepting donations and conducting raffles at each event to benefit A Chance to Heal, a non-profit organization dedicated to preventing eating disorders and promoting positive body image. (www.achancetoheal.com)

Raffle prizes will include Ellen's books and related mindfulness and no diet resources, as well as gift certificates for yoga studios, spas, and restaurants! Ellen will draw the raffle winners at the end of each event. *To be eligible to win, you must RSVP and attend either the 4:00 or 7:15 pm event.*

Please RSVP by October 11, and let us know if you will join us for the 4:00 pm Erdenheim event or the 7:15 pm Center City event.

(If you miss the October 11 RSVP deadline, kindly call us to let us know you are coming.)

Phone: 215-248-9770

Email: amy@valleygreencounseling.com

	Erdenheim (near Chestnut Hill)	Center City
	Beth Tikvah B'nai Jeshurun 1001 Paper Mill Road Erdenheim, PA 19038	The Rittenhouse Hotel 210 W. Rittenhouse Square, 4 th floor Philadelphia, PA 19103
<i>Noshing toward Nirvana</i> Reception/Registration	4:00 – 4:30 pm	7:00 – 7:30 pm
<i>Noshing toward Nirvana with</i> Ellen Frankel presentation	4:30 – 5:45 pm	7:30 – 8:30 pm



To learn more about *Ellen Frankel "Noshing toward Nirvana"* events:

Visit www.FeastUponLife.com

Call: 484-580-9692

Email: info@feastuponlife.com

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