

# Healing Your Inner Eater

## A new workshop with Jessica Setnick

Your early childhood feeding set the stage for your life. Even if it feels like ancient history, the legacy of that decade is still here and now. It shows up in unwanted eating patterns, food preferences, body shame and more.

If you struggle with your eating, work with clients who do, or want to prevent future problems for kids and grandkids, Healing Your Inner Eater is the workshop for you. It's a non-shaming, non-blaming look back to move forward and a journey of discovery.

This one-of-a-kind event will weave together your creativity, eating expertise, historical knowledge, and curiosity with the latest research on epigenetics, attachment and more. The result will depend on what you want to take away: personal growth and insight, forgiveness and healing, plans for future change, or tools for client work.

With eating disorder and child feeding specialist dietitian Jessica Setnick as your guide, you'll begin to find peace with your inner eating influencers and craft a conscious path forward.

**Special Bonus:** Attendees all receive a copy of the Healing Your Inner Eater Workbook to keep the healing happening.



**What professionals are saying:**

**Unbelievable! I expected people to get it, but I could almost see the lightbulbs popping above their heads!**  
- Organizer

**The level of sharing was incredible. Jessica made it a safe place to go deep and get real.**  
- Participant



For more information and to bring Healing Your Inner Eater to your location or event, contact [Jessica@JessicaSetnick.com](mailto:Jessica@JessicaSetnick.com) or 214-674-6455.

Now booking for  
Spring/Summer  
2025

