



*Like all living things, in order to thrive and bloom we need the right environment. For us as complex human beings this involves approaching wellness from many different angles. Optimal health, both emotionally and physically, can benefit hugely from an holistic (complete) approach.*

*Our Thrive & Bloom wellness talks and workshops explore this approach and aim to help you towards your own journey towards wellbeing.*

Our next session, hosted by Senior Accredited Psychotherapist, Kate Holden, takes place on

**Thursday 26th October at 4.30pm at The Loft, Rutland Nursery**

There is no charge and free tea and coffee will be served

## **How our feelings affect our relationship with food**

In this latest talk, Kate explores how our emotional state affects how - and what - we eat. How we use food to soothe ourselves, and how messages picked up in childhood continue to influence us into adulthood. Yet once we're aware of our own food patterns, it's altogether easier to avoid using food as a crutch.

To attend please register by either leaving your name at our shop desk, by phoning us on 01572 498720, by direct message via Instagram or Facebook, or through the Contact Us page on our website [www.rutlandnursery.co.uk](http://www.rutlandnursery.co.uk)