

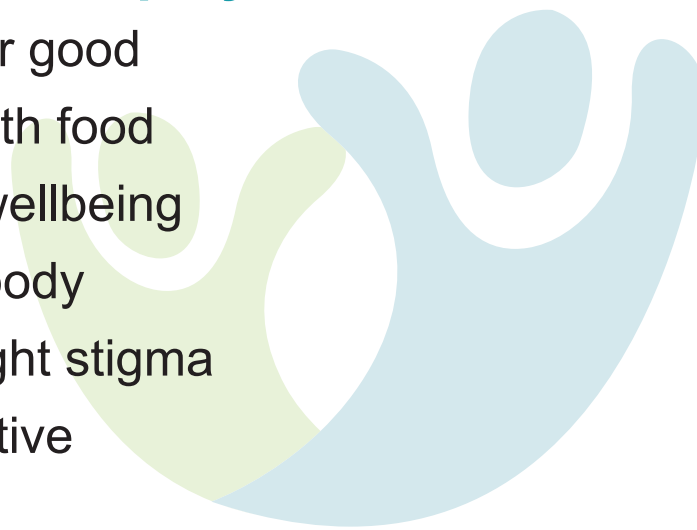
**Well Now** A healthy respect for every body



## The **Well Now** approach *improves your health* without the misery of dieting

### A course that helps you:

- Ditch dieting for good
- Make peace with food
- Improve your wellbeing
- Respect your body
- Challenge weight stigma
- Enjoy being active
- Value yourself



- *Learn more about enjoyable, nutritious eating*
- *Discover how to use your body's signals*
- *Feel more positive about yourself and your body*
- *Explore the bigger picture of health*

*Developed by award-winning dietitian Lucy Aphramor PhD RD*