

Do you want to transform your relationship with food?

The **Well Now** course helps people learn to enjoy food again. You can feel more relaxed around eating, more comfortable in your body and more confident in the information you use to think about your health.

→ It teaches you how to

- tune in to your body signals
- replace eating guilt with gentle nutrition
- move away from food panic and dread
- end food confusion
- make sense of the bigger picture of health
- heal from body shame
- practice mindful eating
- embrace body respect

Promoting self-care Advancing social justice

- **Well Now** is suitable for people of all weights and shapes and identities.
- **Well Now** is compassion-centred. You might be surprised to discover just how powerful it is when we are kind to ourselves. Compassion and curiosity create change.
- **Well Now** pays attention to people's histories. It can help you make sense of patterns that are rooted in the past.

Well Now is for real-life. We explore a wide range of factors that impact health and it helps you to look after yourself whatever your current circumstances

- **Well Now** starts as a new way of thinking about food and bodies: before long you'll be looking at other things in a new light too.

? What is **Well Now**

Well Now is an evidence-based alternative to the misery of dieting. It promotes wellbeing and body respect for all.

Well Now works by shifting the focus from weight 'correction' to health-gain. This creates room to explore emotional aspects of eating and consider the bigger picture of health.

In this way it also helps us understand and address how living with size stigma, and other forms of discrimination and trauma, influences our sense of self-worth and effects our everyday lives and wellbeing.

? *But I need to lose weight for health! Could I still benefit?*

Yes! The truth is, we can learn ways to take care of ourselves that impact conditions like high blood pressure, cholesterol, diabetes and depression whatever we weigh. After all, thin people get these health problems too.

Well Now is for people of all shapes and sizes.

Award winning dietitian Lucy Aphramor is recognised internationally for her work integrating compassion and social justice for effective nutrition education.

She developed the pioneering Well Now course to teach food and health in new ways that promote body respect and help build a fairer, sustainable world.

Participants benefit from Lucy's comprehensive study of weight science, her knowledge of self-care and her core commitment to equality.

She has extensive experience of supporting people learn to trust themselves and make peace with food. Well Now is also shaped by Lucy's personal experiences of coming through eating problems and her passion for a more equal and kinder society.



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For more details
and to reserve your place
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Treat yourself well



*nourishing the self through
kindful eating*

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