

DIETS

+ snack *healthy*

o stress

+ EATING DISORDERS
DISORDERED EATING

FOOD



overwhelmed
hungry

calories
EXERCISE

binge
carbs

nutrition

SUGAR

JUNK

JESSICA SETNICK

MAKING FOOD YOUR FRIEND AGAIN



JESSICA SETNICK teaches students how to take food back to its most basic function: to sustain and nourish our bodies when we are actually hungry. You will leave Jessica's keynote with a healthier perspective about how and when to fit food into your daily routine, to become less vulnerable to adverse marketing messages about nutrition and to use food to satisfy your physical needs as opposed to emotional ones.