

# Let's Manage Overeating

*Imagine this...*

A program to conquer overeating that does not:

- ✗ Blame and shame.
- ✗ Talk about food.
- ✗ Ask you to step on the scale. Ever.

*Learn from the experts*

Use Cognitive Behavioural Therapy to:

- ✓ End the mind chatter.
- ✓ Manage cravings.
- ✓ Change your relationship with food.
- ✓ Create a sustainable lifestyle that rewards you with a healthy body size.



**Dr. Sandy Van**  
Family Physician

Nationally recognized in  
cognitive behavioural  
therapy for obesity  
treatment

**Sandra Elia**  
Food Addiction Counsellor  
Award-winning motivational  
speaker  
Patient Advocate

## THE PROGRAM

- ✓ Access to an online portal with 6 instructional videos and resources
- ✓ Direct access to the Founders (Dr. Van & Sandra) at bi-weekly support meetings; this is where you get to ask your questions, be coached and allow the community to celebrate your success
- ✓ Ongoing support for 6 months

**FOR MORE INFORMATION EMAIL [3SAILS.RECOVERY@GMAIL.COM](mailto:3SAILS.RECOVERY@GMAIL.COM)**