



A New BMI™ Body Mind Intensive  
12 Week Emotional Eating Program  
February 18th – May 6<sup>th</sup>  
Tuesday evenings 7:00 – 8:30pm

Miller Counseling Services, PC/Lighted Path® Coaching  
308-A West Millbrook Road  
Raleigh, NC 27609  
919-848-2100

Facilitators: Susan Miller, PhD, LPCS & Peggy Stella, MA  
[www.millercounselingservices.com](http://www.millercounselingservices.com)  
[www.lightedpathcoaching.org](http://www.lightedpathcoaching.org)  
[www.equessence.com](http://www.equessence.com)

Join this 12 week journey and say good-bye to old patterns of **emotional eating, binge-eating, yo-yo dieting, scale watching, negative frustrating weight and body image concerns.**

Let go of using food/weight as a way of dealing with emotions and measuring your value or success. **Begin living your life full of energy, enthusiasm and freedom!**

- **Learn strategies toward well-being at any size**
- **Tackle your “Body Bully”**
- **Get to the root of emotional eating, yo-yo dieting and binge-eating.**
- **Learn to deal with body weight/body image woes.**
- **Improve your overall fitness and emotional health.**

**Say Hello to healthy behaviors and positive, more compassionate thinking!**

**This program is designed for individuals who are experiencing some or any of these concerns:**

- **Emotional eating, Binge-eating**
- **In Eating Disorder recovery**
- **Cycles of yo-yo dieting**
- **Weight and Body Image woes**
- **Stress eating and other disordered eating patterns**
- **Leading a non-active, sedentary life-style**

Some topics included in your **A New BMI™ Body Mind Intensive** journey are:

- **Where, Oh Where, Has My Energy Gone?**
- **What is the Root of My Emotional Eating?**
- **Beware of the Body Bully!**
- **Listening to My Emotions**
- **Life is Attitude**
- **Life Visioning: Create the Life You Dream**
- **Being in Your Body**
- **Your Body is Your Business**

- **Fitness and Fatness**
- **Blood, Sweat and Tears**
- **Basic Self Care: Self/Body Compassion**
- **Basic Soul Care: Soothing the Soul**

**This 12 week program provides guidance and a framework for emotional and physical health enhancement** through cognitive behavioral therapy, mindfulness practices, expressive arts and reasonable physical activity. Small group format offers supportive interaction in a confidential and safe environment.

**Your professional team is:**

**Peggy Norwood Stella, MA**, exercise physiologist/life coach of **Equessence: Innovative Concepts in Fitness and in Health**

**Susan Miller, PhD, LPCS**, psychotherapist/life coach of **Miller Counseling Services** and **Lighted Path® Coaching**

This is an intensive 12 week program using Peggy's ***A New BMI™ Body Mind Initiative Workbook*** and Susan's ***Good-bye Emotional Eating; Hello Life!™ Workbook***.

**The Details:**

- Fee is \$660 for the full 12 weeks, which can be paid in 3 payments of \$220 per month.
- ***Get a 10% discount (\$66) when paying in full upfront!***
- Fee includes 12 90min group sessions led by Dr. Miller & Ms. Stella
- Materials fee for workbook kit is \$49 at the first session.
- Miller Counseling Services, PC is an out-of-network provider. Your insurance may reimburse you for this program. We will be glad to file services through your insurance as a courtesy.
- **To register for this program call 919-848-2100.**

*This program is designed to enhance any additional individual mental health & medical treatment by professionals for eating disorders, emotional eating, and obesity/weight issues. This program does not include nutritional counseling.*

**To receive more information about A New BMI™ please call 919-848-2100 or (919)949-5588.**

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