

Living Mindfully Health Coaching to Present Workshop on September 20th

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CHICAGO ? Living Mindfully Health Coaching announced today that it will be presenting a Health Workshop at the Unity Church on September 20th. Following the theme of ?Food ? God and You,? the workshop will offer guests a wide array of approaches they can use to improve their healthy living, while discovering how our relationship with food can get in the way of our higher self.

?My passion is supporting my clients to heal their relationships with food and their bodies,? said Claudia Braun, health coach and founder of Living Mindfully Health Coaching. ?At the same time, I want to inspire people to live a life filled with happiness, peace and joy! With this event, our goal is to help you answer the question that always comes up, which is where do I start? We are going to talk about that. We?re going to start by understanding that we can change our stories and in the process, change our lives.?

The event is intended for people who may be struggling with emotional or stress eating. It will be an interactive evening of storytelling, writing and movement. The goal of the evening is to help guests achieve clarity on their stories and sometimes toxic relationships with food. Exercises will help people discover how their stories are keeping them ?stuck? in unhealthy eating habits. ?We?re going to do work at this event,? Braun added. ?We?re going to help you recognize and act on your inner truth, and use it to carry you into your desired self. There is power and healing in sharing your story. You can use the group to empower you to move forward.?

The event will be held at the Unity Church, 1925 W. Thome Ave. Chicago, IL 60660. To learn more, or to register, visit <http://livingmindfullyhealthcoaching.com/about/events>.

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For more information about Living Mindfully Health Coaching, contact the company here: Living Mindfully Health Coaching Claudia Braun (312) 248-6272 claudia@livingmindfullyhealthcoaching.com

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