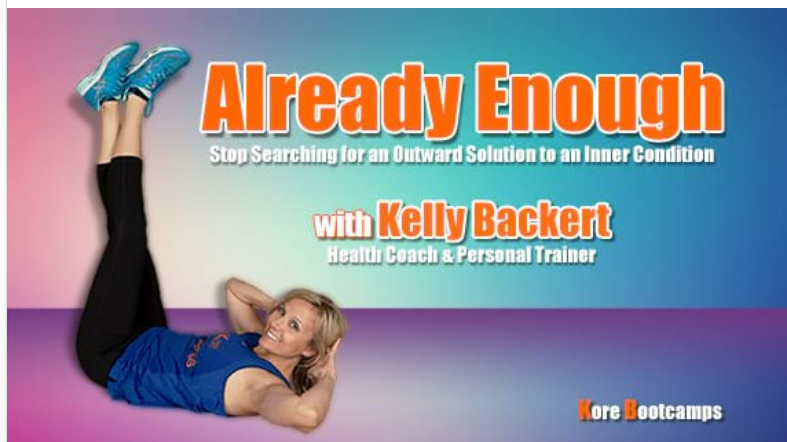


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HEALTH & WELLNESS



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November 15th 2019: Intuitive Eating

In this Episode of Already Enough Kelly Backert will talk to Licensed Mental Health Counselor Molly Bahr. Molly is a Certified Intuitive Eating Counselor, trained in EMDR, and practices from a Health At Every Size lens. We will be discussing Intuitive eating, Molly's 5 to Thrive, trusting ourselves with food & body, and knowing that there is a different way.

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Featured Guest



Molly Bahr

Molly Bahr is a Licensed Mental Health Counselor in private practice in Miami, Florida and also provides virtual sessions to residents of Florida and Hawaii.

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