

**May 6<sup>th</sup> is International**

**No Diet Day**



*all foods fit*



**Are you tired of using your precious time and energy on being preoccupied with food and your body? Let's explore a different way to pursue health and wellbeing by making everyday a no diet day!**

If you are curious about anti-diet and weight inclusive health, please explore the resources below. If you need one on one support in your own journey away from dieting, I am here for you.

Contact me at [ballaredavidson\\_dana@svvsd.org](mailto:ballaredavidson_dana@svvsd.org) to find out if coaching with me is the right option for you.

Warmly,

**Dana Ballare-Davidson BSN, RN, NC-BC**  
**SVVSD Health Coach**

Check out these resources here:

