

A woman in a kitchen, looking down at a plate of food. The image is overlaid with a semi-transparent purple filter. The woman is wearing a dark top and has her hair pulled back. She is looking at a plate of food that includes a large round item, possibly a pizza or a flatbread, and a bowl of french fries. The background shows kitchen cabinets and a window.

Does food control
your life?

Does your weight hold
you back from doing the
things you want to do?

It's possible to change your
relationship with food.

A white, stylized graphic element resembling a signature or a bird in flight, positioned above the name Tamara Mason.

Tamara Mason MSW, LICSW

Empowering you to live a fulfilling and balanced life.

www.tamaramason.com

Is your weight holding you back?

Is your weight keeping you from experiencing the life you want to lead? Is getting into the car or playing on the floor with the kids uncomfortable? Are you addicted to comfort eating? Does the thought of giving up candy or chips feel like saying good-bye to your best friend? Do you eat to fuel your body or feed your emotions?

Do you know what to do to eat healthy, but just can't do it?

Have you heard that your weight is negatively affecting your health, but you feel powerless, because you really do not eat that much?

If you've answered yes to any of these questions, you may have an **dysfunctional relationship with food**. Weight loss and maintaining a healthy weight is not just about cutting calories and going to the gym. Tamara works with people who want to develop skills to change their relationship with food and experience a balanced, healthy life. You can change your relationship with food! Start by calling Tamara Mason at (218) 444-0899 or visit www.tamaramason.com.

"I was very overweight for 40 years of my life. I felt okay and thought I was healthy. Wrong! I was not healthy, and I felt stuffed since I ate all the time. Eating was my way of not dealing with emotions. I decided to work with Tamara because I wanted to lose weight and change my relationship with food. I worked to make realistic changes that I could do for the rest of my life. Until I lost the weight, I didn't realize how being overweight had interfered with so many things. I'm so glad I chose to make these life changes. You can do it too! Believe in yourself!"



**Call Tamara Mason, MSW, LISW
to see if she can help you.**

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Counseling, and Life Coaching

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