



CERTIFIED INTUITIVE EATING COUNSELOR

Evelyn Tribole, MS, RD, CEDRD-S and Elyse Resch, MS, RD, CEDRD-S, FAND co-authors
of INTUITIVE EATING certify that

Heidi Dreist

has completed the hours and coursework required for Intuitive Eating Counselor
certification, via the following activities:

COURSES:

- Intuitive Eating Webinar-7.5 hrs Activity Code 171 Live Webinar/Teleseminar
- Intuitive Eating Group Supervision- 4.5 hrs Activity Code 170 Live Lecture
- Helm Publishing Intuitive Eating 4th Edition Self-Study Course
- Passed Helm Intuitive Eating Certification Exam

Evelyn Tribole, MS, RDN, CEDRD-S

Elyse Resch, MS, RDN, CEDRD-S, FAND

June 12, 2023

Date