

**A Weigh Out Coaching; A Division of WellCentered, Inc.**

**Description:**

A Weigh Out Life Coaches specialize in coaching people who have emotional and/or compulsive eating issues. Coaching is conducted by telephone. Between sessions, all coaching handouts and client exercises go back and forth via email. To determine appropriateness for A Weigh Out Coaching Services, please call for a free phone assessment, (513)321-7202. We also offer a FREE One Hour Telephone Seminar, "An Introduction To Emotional Eating". To register, visit [www.aveighout.com](http://www.aveighout.com). A Weigh Out is a Division of WellCentered, Inc., in practice since 1993.

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