



Dear Family and Friends,

*[insert host names]* and I would like to invite you over to celebrate *[insert holiday celebration]*, on *[insert date]*. This time of year, is a wonderful opportunity to spend time together with the ones you love and we want **everyone** to be safe, comfortable and to enjoy themselves!

We will provide the location, food and beverage. We are also more than happy to provide a place to stay overnight, if needed, for any reason. Our one request is that any talk about diets, exercise, body or weight-related concerns (for self or others) is completely avoided. This gathering is about celebrating each other's company, to catch up on what's going on and to express gratitude for the many gifts in our lives. Taking food and body related dialogue off the table helps us focus more on what is most important.

Please RSVP by *[insert date]* by phone or email. Let me know if you need some clarification or have suggestions on how we can make this celebration food/body/weight neutral. [This article](#) is an excellent primer to get you started. I found it to be most helpful for my own awareness and learning.

We hope you can join us and look forward to celebrating with you!

With love,