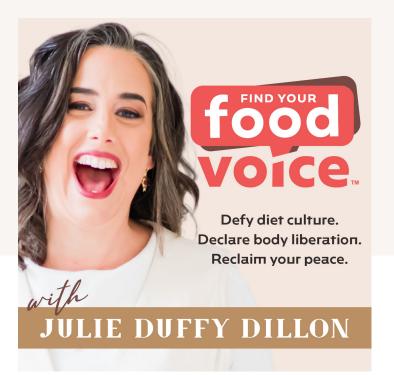
"Julie is a rebel-saint. Her advice is so simple, so loving,

and so obviously true that it diffuses gently into your brain like honey into tea... It's warm fuzzy slippers for your tired cracked eating-disordered brain."

-Listener review, Jan 2020



"Find Your Food Voice" is an inclusive, body positive show released every Tuesday. In each episode, Julie offers warm, inspiring, and therapeutic advice on reclaiming your relationship with food and fighting back against diet culture.









Sponsorship Opportunities

What You Get

- 60-120 second mid-show ad
- 15-30 second end-show ad for CTA, discount, or giveaway [optional]
- Show Notes with your branding & links
- IG Stories shoutout (for 3+ ads)

Price Plans

\$497	1 ad
\$997	3 ads
\$1997	6 ads

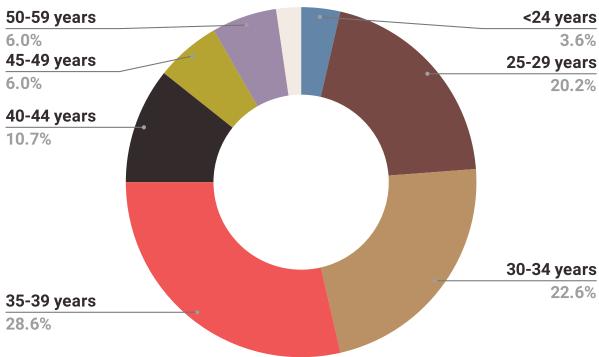






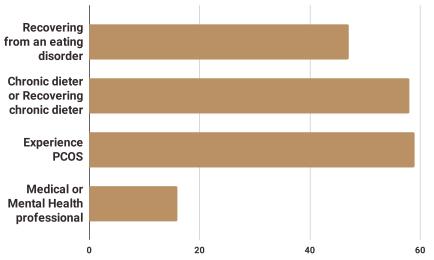


The "Find Your Food Voice" Audience









52% of listeners say they're more likely to make a purchase after hearing a product on a podcast vs traditional marketing methods.





