

Managing Food & Feelings



A Practical Approach to Optimal Eating and Health

Am I hungry? Often, we lack awareness and understanding about why we eat the way we do. You may already have asked yourself the traditional questions about what and how much you should eat; this course will address **why** we are eating in the first place. Learn to differentiate hunger from environmental and emotional triggers that drive you to eat when you aren't hungry, and continue to eat past the point of satiety. As you learn the principles behind **mindful eating**, triggers for overeating decrease and well-being improves!

Instructed by Randi McDowall, LCSW, Supervisor of the LAMP program

Date	Time	Location
Monday, May 13	5:30p - 7:30p	Central Library, Meeting Room 1301 Barcarrota Blvd W., Bradenton
Wednesday, June 19	5:30p - 7:30p	Employee Health Benefits 5213 4th Ave. Circle E., Bradenton
Monday, October 7	5:30p - 7:30p	Central Library, Meeting Room 1301 Barcarrota Blvd W., Bradenton

Register at www.manateeyourchoice.com/register

(Select "Managing Food & Feelings" in the dropdown menu or use the search bar)



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