

Mindfulness: Mindful Eating

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
Tuesday, May 8	12p - 12:45p	Admin, 5th Floor Heron Room 1112 Manatee Ave W, Bradenton
Tuesday, June 12	12p - 12:45p	Admin, 5th Floor Heron Room 1112 Manatee Ave W, Bradenton
Tuesday, July 17	5:30p - 6:30p	Employee Health Benefits 5213 4th Ave Circle E, Bradenton

Open to all employees and health plan members!

- Can be used to complete Qualifying Requirements for Diabetes Education for those members with 2017 Qualifying A1C at 7.1 to 8.9.
- This class counts as one group session in the Prevent Diabetes program.

Register at www.manateeyourchoice.com/register

(Select "Mindful Eating" in the dropdown menu or use the search bar)



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