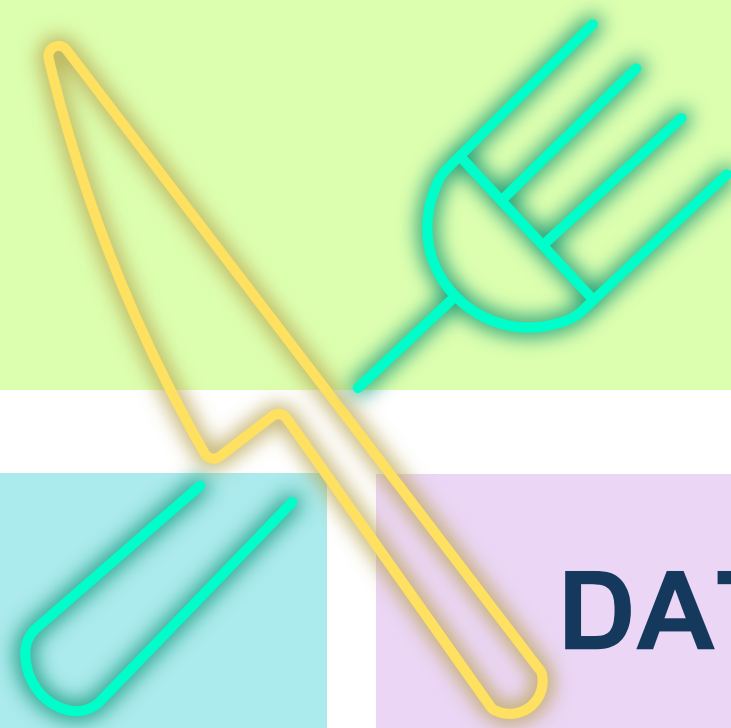


MINDFUL EATING PROGRAM



WHAT IS THE MINDFUL EATING PROGRAM?

This 6-week interactive cognitive behavioral therapy-based program, is designed to help you better understand and manage your food cravings while healing your relationship with food.



YOU WILL LEARN ABOUT:

- How to listen & respond to hunger and fullness cues
- How to practice mindful eating
- Benefits of mindfulness
- Origin of food cravings & how to identify them
- Cognitive behavioural strategies to approach emotional eating

DATES & TIMES:

- Session 1: Jan 11/24
- Session 2: Jan 18/24
- Session 3: Jan 25/24
- Session 4: Feb 1/24
- Session 5: Feb 8/24
- Session 6: Feb 15/24

All sessions will run on Thursdays from 10:30am-12:00pm

*Lakehead
Nurse Practitioner-Led Clinic*

**Please sign up at reception.
Space is limited.**