

MINDFUL EATING FOR MINDFUL LIVING

8-SESSION WORKSHOP SERIES

MARCH 25TH -MAY 13TH

ONLINE EVERY TUESDAY FROM 3PM-4PM

Workshop Highlights:

Mindfulness involves being fully present and engaged in the current moment. When it comes to eating, mindful eating is an approach that focuses on awareness rather than restriction and promotes a healthy, weight-neutral mindset. It encourages us to pay closer attention to the choices we make around food, both conscious and habitual, helping us cultivate a more balanced and intentional relationship with what we eat.

- Uncover and learn to implement a reliable method for choosing when, what, how, and how much to eat.
- Learn how to tune into the signals your body is already sending, allowing you to better understand the nuances of hunger and fullness.
- Experience a supportive environment designed to help you practice self-love and kindness.
- Cultivate a deeper, more holistic appreciation for your body.

YOU WILL BE REQUIRED TO PURCHASE THE WORKBOOK THAT ACCOMPAINES THIS SERIES (\$47.50 +TAX)

TO RSVP OR IF YOU HAVE QUESTIONS PLEASE EMAIL WELLNESS@IRONWOODCRC.COM

Registration deadline is March 18th, 2025