



MINDFUL EATING: *MAKING PEACE WITH FOOD*



In this presentation you will :

- Learn to eat more mindfully with a real-time, guided, mindful-eating snack experience
- Tune-in to your senses to fully experience food and reduce your overeating tendencies
- Learn how you can indulge in your favorite desserts yet save hundreds of unwanted calories
- Learn “work-arounds” for the most common stress-driven, impulsive eating triggers
- Learn practical tools for reducing emotion-driven eating habits

Facilitated by Gayle Rose, Certified Whole Health Coach, Weight Management Specialist & Personal Fitness Trainer

DATE:
**Tuesday, October 8,
2019**

TIME:
6:30-7:30 p.m.

This is part of a quarterly class on topics related to health and wellness.

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