

Mindful Eating

FREE FOR FACULTY AND STAFF

Mindful Eating Workshop: Overcoming Obstacles and Dispelling Myths

A three-part workshop with registered dietitian and mindful eating expert Lisa Thomas

Learn to overcome common obstacles about mindful eating and make small changes to help you slow down, savor, and enjoy balanced nutrition.

The workshop will cover:

- Whole health and a dieting culture
- Understanding hunger and satiety cues
- The impact of technology on mindful eating and health

Tuesdays: May 23, 30, and June 6

Hall of Languages, Room 500

4:45-6 p.m.

Register

Space is limited. Visit wellness.syr.edu/mindfuleating for details and to register.

To request accommodations, please contact the Wellness Initiative at 315.443.5472 or wellness@syr.edu.

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Questions?

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