



SF STATE

THIS MONTH'S TOPIC

## A GUIDE TO MINDFUL LIVING & EATING WELL

**Confused by...**the conflicting nutrition messages in the media about how to eat for health and happiness?

Clear up the confusion, learn why diets don't work, and learn how to develop a healthy relationship with food.

Guest speaker and registered dietician **Jo Bartell** will highlight components of a healthy diet; meal planning ideas; effective strategies to cope with emotional eating, and mindful eating techniques.

**TIME:** 9 am to 11 am

**LOCATION:** LIBRARY 121

**PRESENTER:** Jo Bartell



## TEA...WITH BENEFITS!

A Monthly Information Session + Q&A with the Benefits Team

TUESDAY, FEBRUARY 7, 2017