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

TEA...WITH BENEFITS!
A Monthly Information Session + Q&A with the Benefits Team
TUESDAY, FEBRUARY 7, 2017

TIME: 9 am to 11 am
LOCATION: LIBRARY 121
PRESENTER: Jo Bartell