



MINDFUL EATING FOR MINDFUL LIVING

8-SESSION WORKSHOP SERIES
SEPTEMBER 2ND- SEPTEMBER 30TH
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.

September 2, 3-4pm

September 9, 3-4pm

September 16, 3-4pm

September 23, 3-4pm

September 30, 3-4pm

Please select date to see more information on our website

**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**