



A FREE MINDFUL EATING PROGRAM WITH A NEW APPROACH!

Eat4Life Mindful Eating is a unique, research-based mindfulness program. The goal of this class is to build on the principles of Eat4Life Healthy Lifestyles class, with the focus on being mindful of what we eat, and how the environment around us plays a role in health.

Join a Registered Dietitian and learn how to become more aware of how the mind plays a role in health and wellness in this five week program.

Eat4Life Mindful Eating is brought to you by the Community Primary Care and Public Health partnership of Windsor and Essex County.

