Mindful Eating Group

Bringing **non-judgmental awareness** to how food and eating impacts our **thoughts**, our **feelings**, our **mind**, and our **body**.

In general, this group may be helpful for people who can relate to ...
- Engaging in “emotional eating” – eating when bored, sad, angry, excited, happy, and/or stressed.
- Feeling “out of control” when they eat or at the thought of eating.
- Eating for reasons other than physical hunger.
- Having difficulty recognizing signs of physical hunger and fullness/satiety.
- Labeling foods as “good” or “bad.”

**Spring 2020**
**Thursdays, 3:00-4:30**

Anyone interested in participating in this group should contact Daniela Burnworth, Ph.D. at Counseling and Wellness Services at 775-3407.