Mindful Eating Adventure

NEW!

How often do you eat your food without being aware of the experience or the taste of the food? Mindful eating is a way to enhance the pleasure of eating by being aware of the color, aroma, taste, feeling, and thoughts that arise during a meal. You will be guided in mindful eating with SHAC’s nutritionist and experience how the foods can come alive!

When & Where
Tuesday, November 13
1:30-2:30 PM
SHAC, Room 234

What You’ll Learn:
• 4-7-8 breathing and mindfulness
• How to incorporate mindful eating into your life
• Appreciation for food and our relationship with it
• How to incorporate more fruits & veggies into your diet

NO CHARGE!
For More Info, E-Mail: peerhelp@unm.edu