Mindful Eating

- Do you have trouble identifying when you are hungry?
- Do you experience sudden onset of hunger feelings or cravings?
- Do you find yourself eating when you are sad, mad, frustrated, happy or not hungry?
- Do you experience guilt after eating?

Come to this workshop with your questions and concerns. This will be a safe space to explore your relationship with food.

Date: February 19 and 26th
Time: Noon-1pm
Location: Stevenson 3077

Offered by Counseling and Psychological Services (CAPS)