

STARTS APRIL 9, 2024

MINDFUL EATING

"Mindful eating is about awareness. When you eat mindfully, you slow down, pay attention to the food you're eating, and savor every bite."

Tuesdays

5:00 PM - 6:30 PM

April 9th - 30th

Shasta Community Health Center
1035 Placer Street Redding, CA 96001



Shasta Community Health Center
a californi^hhealth center

Contact us for more information and to reserve your spot!



(530) 229-5115



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