

STARTS FEBRUARY 17TH, 2026

MINDFUL EATING DIGGING DEEPER

"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

February 17th - March 24th

Shasta Community Health Center
1201 Industrial St Redding, CA 96002



Shasta Community Health Center
a californihealth⁺ center

Contact us for more information and to reserve your spot!



(530) 229-5115



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