

# Free Workshop

## *Mindful Eating*

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September 10, 2021

12:00p.m. to 1:30p.m.  
Fridays for 8 weeks

**Virtually on Zoom.**

You will need an internet or cellular connection on a computer, smartphone, or tablet that has a camera as well as two-way audio.

### **We will talk about:**

- Knowing your physical & emotional cues
- Choosing food for health & happiness
- Mindset is everything
- Triggers that cause you to overeat

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### **For More Information:**

[www.shastahealth.org/education](http://www.shastahealth.org/education)  
(530) 229-5115

*\*You must sign-up for this class to receive a Zoom link for this workshop\**

