

Join us for a...

Mindful Eating Workshop

Eat a meal in mindfulness followed by processing

When you are mindful you are fully present, in-the-moment without judgment.

Susan Albers, PsyD



Learn to eat attentively and purposefully and
minimize overeating and overindulging.

In this group experience, we will explore an alternate approach to experiencing mealtime and celebrations with food. Join us as we are attentive in a whole different manner at mealtime. Bring your dinner and join us Tuesday, November 2nd at 7:00pm to 8:15pm. Fee is \$18.

Call or email to register:

White Picket Fence Counseling Center
1345 Clay Street in Winter Park
(407)622-0202

WtPicketFence@aol.com
(A brief intake is required for new group participants).