

Mindful Eating:

Emotional Eating & Food Craving Management Group

Do you struggle with powerful food cravings?

Do you eat to cope with your emotions?

Do you eat when you are not hungry?

Are you frustrated by diets that just don't work?

Are you ready to make peace with food?

If you answered yes, this **FREE 6-week Mindful Eating** group may be for you!

In this group, you will learn:

- What is mindful eating?
- The benefits of mindfulness & how to practice mindful eating
- How to become more in tune with your body
- Powerful skills that can help you manage even your toughest food cravings
- To find balance and heal your relationship with food



When: Thursdays, Nov 4 - Dec 9

Location: via Zoom

Time: 6-8 PM

Facilitators: Dietitian & Social Worker

Call 905-456-7111 ext 2, or scan the QR code to register

