



## ***Nutrition Training Classes at CPC***

### **INTRODUCTION TO MINDFUL EATING: *STOP EATING ON AUTOPILOT***

Mindful Eating may be the skill for you if:

- You want to change how you eat and think about food
- You want a positive approach to eating.

#### **What is Mindful Eating?**

Mindful Eating attends to eating in the present moment while monitoring reactivity in curious practice. Mindful eating brings practical skills to food choice and the experience of eating.

#### **Mindful Eaters:**

Savor food with compassion, acceptance, and awareness.  
Eat less with more satisfaction.

#### **Each week the Mindful Eating Class will learn:**

A Mindful skill with application to eating  
To use breathing/relaxation approaches to focus attention  
To Practice an eating experience

#### **Details: Who, When, Where**

<i>Coordinator</i>	Diane Darcy MS, RDN, LDN Dietitian/Nutritionist at Comprehensive Primary Care
<i>Starts</i>	4 consecutive Saturdays session starting 9/16/2017 to 10/7/2017 9:30AM to 10:30AM
<i>Location</i>	Comprehensive Primary Care 15825 Shady Grove Road Ste 140 Rockville, MD 20850
<i>Call</i>	301-869-9776 to reserve your space in the class
<i>Cost</i>	<i>\$50.00</i>
	Limit to 10 participants

Please advise with registration if you have food allergies/intolerance, so we can prepare for you.

*"To eat is a necessity; to eat intelligently is an art."*  
La Rochefoucauld (French writer; 1613-1680)