

Nutrition Training Classes at CPC



Introduction to Mindful Eating The Positive Way to Eat and Work Toward Your Health Goals

Do you eat on autopilot? Take charge!

Use Mindful practices for healthy eating:

Learn to use behavioral tools with brain & body working together.

Manage feelings and thoughts that can influence food choices.

Bring Diane, a Licensed Dietitian/Nutritionist and fellow Mindful Eater to your table.

Each week the Mindful Eating Group will cover:

A mindfulness skill with application to eating/food choice

A focused breathing technique for relaxation and awareness

A Mindful Eating practice during an in-group eating experience

Details: Who, When, Where:

<i>Trainer</i>	Diane Darcy MS, RDN, LDN Dietitian/Nutritionist at Comprehensive Primary Care
<i>Date/Time</i>	Four consecutive Saturday sessions starting 2/24, 3/3, 3/10, and 3/17/18. 10:30-11:45
<i>Location</i>	Comprehensive Primary Care Suite 140 15825 Shady Grove Road Rockville, MD 20850
<i>Call</i>	301-869-9776 to reserve your space in the class
<i>Cost</i>	\$50.00 Limited to 10 participants

Food is the solution, not the problem.