

Thoughtful Tuesday

MINDFUL EATING

with
Mardi Parelman, PhD

Mindful Based Eating (MB-EAT) is an evolving research and evidence-based approach to nourishment and well-being. Through the practice of mindful eating, one learns to listen to what the body needs as well as increase enjoyment of food without of guilt, shame, and without overeating. MB-EAT is culturally inclusive and weight inclusive.

Meeting ID: 564 927 5102 - Passcode: nutrition

Tuesday March 7th
12:30 - 1:30 pm



Zoom link



eat right. Academy of Nutrition and Dietetics

What you need for this event:
4 raisins or dried cranberries
A safe space where you feel comfortable closing your eyes for short periods of time



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