



Eating with Purpose

Are you looking for a **practical approach** to balanced lifestyle habits? We have the program for you! Join us for a 6-week non-diet, weight-neutral, mindfulness-based program that will empower you to take charge of decisions about eating, physical activity, health and self-care. Learn how the innovative mindful eating cycle can help you gain greater awareness about what, how and why you eat and more!

Virtual Wellness Series

[REGISTER HERE](#)

Tuesdays, 3:30 - 4:15 PM
February 13 - March 19

