

Mindful Eating

A 4-Part Program

Slow down, tune in, and rediscover the joy of eating.

Discover a calmer, more connected way to nourish yourself with our **Four-Part Mindful Eating Program**. This online course gently guides you through the essentials of mindful eating—bringing awareness to your hunger cues, slowing down during meals, and developing a healthier relationship with food. Each session combines simple practices, science-backed insights, and guided meditations to help you eat with more ease and intention. Whether you're looking to reduce emotional eating, lower stress, or simply enjoy your food more, this program offers the tools to transform your meals into moments of presence and care. No diets. Just mindfulness.



[Click Here to register](https://tinyurl.com/ytya8c97)

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Mindful Eating is available to all NMPSIA members and their family.



Available on your smart phone, tablet or PC

YOUR GUIDE

Michelle DuVal, MA, is the leading provider of Mindfulness Training in the Southwest United States. Her skill in teaching comes not only from her training with the top meditation masters in the world, but also from her father, who started The Mindful Center more than 25 years ago after meditation literally saved his life and he responded to the powerful need to share the practice with others. All of her programs are evidence based, steeped in research, and skillfully interweave the profundity of the practice and the humor of insight every step of the way