Mindful Eating
for Students

Do you undereat or overeat when you’re stressed, bored, or sad?

Have trouble controlling your eating in social situations or at restaurants?

Join us for a free 6-session group to explore mindful eating. Led by Toby Morris, UHS Dietitian, we will learn, practice, and discuss techniques to help you eat the types and amounts of food that are right for you.

Spring 2013 group will meet for 6 weeks:
Thursdays 2/14, 2/21, 2/28, 3/7, 3/14, 3/21
(Please attend all sessions.)
4:15-5:30pm
Room 2024 in Health Promotion

Space is limited! To sign up or for more info, please contact Toby at tmorris@uhs.berkeley.edu or (510) 642-5075