Live, Eat & Enjoy... Mindfully

“Science and mindfulness complement each other in helping people to eat well and maintain their health and well-being.”

- Thich Nhat Hanh

“Mindfulness practices enhance the connection between our body, our mind and everything else that is around us. Mindful living is the key to understanding our struggles with weight and to empowering us to control our weight.”

— Thich Nhat Hanh

Can you relate?

- America’s top stress inducers include having too many things to do; too many responsibilities...with not enough time to get it all done.

- This fast-paced, “fast-food” lifestyle has put us on course for 82.5% of Americans to reach an overweight status by the year 2020.

- With more diets on the market than ever before...this clearly is not the answer for health. We must get “in tune” with our bodies.

Would you like to...

- Live a more focused, less cluttered life?

- Learn the basic concepts of mindful eating?

- Sift through marketing strategies that can sabotage healthful eating practices?

- Participate in a mindful eating activity?

Date: _________________________________  Time: ____________________________

Location: ________________________________________________________________

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