

NMPSIA

presents.....

MindfulEating

with *Michelle DuVal*



On Demand Program: Mindful Eating

This program runs four weeks and teaches you an entirely new approach to weight loss, healthy eating, and stress reduction. You will learn the clinically proven techniques of mindfulness and how to hone and direct those skills toward eating and weight issues.

November 1st - November 22nd



To Register, [click here](#), or scan the QR code with your smart phone.

Questions? Contact nmpsiawellness@phs.org

