

# Building the Foundations of Mindful Eating

## What You'll Learn:

In this course, we will work with **Jan Chozen Bays' book Mindful Eating** by reading, reflecting and practicing together in an intimate small group, where we will explore the foundations of mindfulness and mindful eating with all the senses. Each week a different aspect of mindful eating will be highlighted based on Bays' teachings. Group reflection, some mindful movement and silent, mindful meals to test out and apply our learning will cap our time together.

Facilitated by Kevin Kraska,  
BFA, MSW, LISW-S

## WHERE:

**Philip Heit Center for Healthy New Albany**

150 W Main St Suite B, New Albany, OH 43054



## To Register:

- 1 Scan QR Code  
or
- 2 Call 614.884.HOPE (4673)  
or
- 3 Visit [cancersupportohio.org](http://cancersupportohio.org)



## WHEN:

June 3rd - Sept 2nd  
12:00PM - 1:00PM

Learning will be cumulative, taking place over a 14-week period between June-September, and will continue building on our insights and experiences from one week to the next. For this reason, registration will close just prior to session one. Come learn together!

