



## Mindfulness-Based Eating Awareness Training (MB-EAT)

Research funded by the National Institutes of Health has shown that Mindfulness-Based Eating Awareness Training (MB-EAT) is a powerful approach to addressing struggles with weight and eating issues. You will explore the latest nutritional science for diabetes, high blood pressure, and abnormal cholesterol from a Board-Certified Obesity Medicine Doctor.

Experience a new approach to eating, one that cultivates inner wisdom through mindful-eating practices. Deepen your understanding of mindfulness as it applies to eating and joyful living, through sitting meditation, eating meditations, group discussion, and gentle yoga exercises. You will also learn:

- Ways to eat that are more attuned to your body's needs
- To experience the full pleasure and taste of food without overeating
- To release the guilt and struggle often associated with dieting
- Tools for making balanced and healthy choices so that you will be truly nourished.

*Link to Class Schedule:*

[www.WellessenceMD.com/contents/services/classes](http://www.WellessenceMD.com/contents/services/classes)

Registration and Information: (847) 850-8185 • [WellessenceMD.Info@gmail.com](mailto:WellessenceMD.Info@gmail.com)