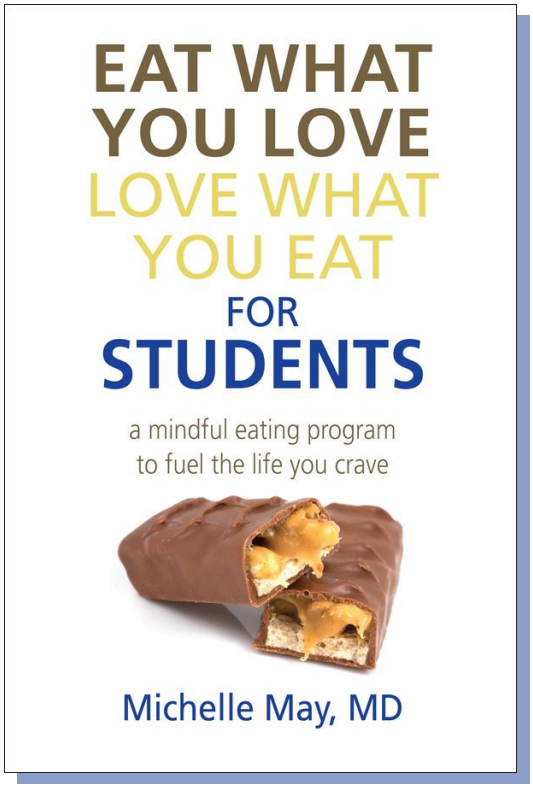
Mindful Eating

EXW294, PSY294, NTR294, HCR294



Eat What You Love
Love What You Eat!

Mindful eating provides students with a flexible, non-diet, mindfulness-based approach to eating, physical activity, and self-care.

Mindful eating is an ancient practice with profound applications for preventing and resolving common eating challenges in a modern food-abundant environment. Delving much deeper than the obvious advice to "eat less, exercise more," students will explore the six crucial decision points in the mindful eating cycle and develop sustainable skills for effective lifestyle management that they can apply personally and professionally.

Spring 2016

Arizona State University

Tuesdays, 4:30 – 6:15 pm

Faculty: Michelle May, M.D.
Author of *Eat What You Love, Love What You Eat for Students* and Founder of Am I Hungry? Mindful Eating Programs and Training

Section Identification:

EXW294:	27313
HCR294:	27984
NTR294:	27268
PSY294:	27205