



Eat What You Love, Love What You Eat

This troubled relationship can cause eating to be mindless, consuming and guilt-induced. An Eat-Repent-Repeat Cycle.

Mindful eating is a mindfulness based practice that can help you heal your relationship with food. It is eating with INTENTION and ATTENTION.

Mindful eating can foster the development of self care practices that support optimal health.

Research shows improvement in:

- Emotional Eating
- Binge Eating
- Food Cravings
- Nutrition Intake
- Blood Sugar Regulation

The Am I Hungry? Mindful Eating

Program will help you:

- Finally understand why diets don't (and won't) work for you or most other people.
- Discover simple yet powerful methods for knowing when, what, and how much to eat without restriction.
- End mindless and emotional eating.
- Consistently eat the foods you love without guilt - and without binging.
- Never again exercise to earn food or punish yourself for eating.
- Nourish your body, mind, and spirit to build your health, energy, and joy

Attend a free information session to learn if **Am I Hungry?** is right for you.

January 7th at 4:30 pm (virtual format only)

Classes will be virtual via Microsoft Teams every Tuesday starting February 4th from 4-5:30 and lasting 8 weeks. For more information and to register contact Mary Pike at **406-435-2878** or **mpike@billingsclinic.org**

Cost:

New Attendee - \$175
Return Attendee - \$25
Billings Clinic Employee - \$75