



# Mindful Eating for Health and Well-being



Saturday, March 5, 2011

1:45 to 4 p.m.

Allegheny General Hospital

George J. Magovern, MD, Conference Center

*Mindfulness practice is to be aware of the present moment. With awareness, we can rediscover the joy of eating, recognize the food that we ingest and uncover the roots of our habits. Mindfulness empowers us to stop feeling bad and to start changing our behaviors. Come learn how to bring more peace and joy into your life while you achieve your goal of greater health and well-being.*

- Learn practical skills that are easy to use with every meal.
- Break the cycle of shame and guilt around food and eating.
- Learn how mindfulness can help you to achieve your goals to lose weight and live a healthier life.

**Register by March 1 by calling 1.877.284.2000. A registration fee of \$15 is required (checks only). Please register early as space is limited.**

**Sponsored by the Allegheny General Hospital Integrated Medicine Program and Laughing Rivers Community of Mindful Living**

Lectures will be given by:

**Chan Huy, MS, MBA, CPC**, a Mindfulness Meditation Teacher who has taught and led mindfulness retreats and workshops for more than 20 years throughout the USA and Canada.

**Deborah Brooks, MS, RD, LDN**, a Registered Dietitian and Licensed Dietitian Nutritionist with over 25 years of experience who specializes in wellness care and mindfulness meditation.



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