

Mindful Eating

restore a healthy relationship with food



WEDNESDAY
OCTOBER 2ND
11AM

Join us for a discussion about how we eat.
Learn tips to help you pay attention to your meals in
a way that will enrich your experience with food.

The Results?

More Joy. Better Health. A Balanced & Nourished Life!

Presented By: Dr. Wayne Dysinger, Lifestyle Medical

JANET GOESKE CENTER 5257 Sierra St. Riverside, CA 92504