

# Mindful Eating Program

**Where:** Fisher Family Primary Care Centre,  
185 Inkerman St E, Listowel on October 25th  
(remaining dates at the Outpatient Building, 285 Sarah Ave. N. Listowel)

**When:** Every Thursday  
from October 25—December 13, 2018

**Time:** 1:30—3:30 p.m.

**Join us for this 8 week, interactive series that will focus on topics such as:**

- ◆ **Diet vs Lifestyle**
- ◆ **Self-compassion**
- ◆ **Nourishment**
- ◆ **Mindful Movement**
- ◆ **Goal Setting**

**To register, contact:**

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Helping you to health yourself

