



MINDFUL EATING WORKSHOP

Friday 29th

June

10.00-

12.00pm

@

Energise Centre
Live life to the full

Mindful eating is the practice of enjoying each bite with all of your senses, slowly and deliberately. Mindful eating has many benefits including control and enjoyment of food:

- helps you take control of eating choices
- helps with portion control
- helps us enjoy healthier flavours
- helps identify emotion-triggered eating
- minimizes social overeating
- helps manage your weight

If you would like to learn more about the benefits of mindful eating. Join us for this fun, interactive workshop.

Call **0161 212 5700** between 09.30 and 3.30 to reserve your place.



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Energise Centre
Live life to the full

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(between 09.30 & 15.30)

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