



Mindful Eating Webinar

Rediscover a Healthy Relationship with Food

Hosted by:  Wellness Journeys



Mindful eating creates space between our triggers and our actions. Experience ways to be present with food for:

- Weight Loss
- Better digestion
- Stress management
- Enjoyment and appreciation

When & Where:
July 10th, 11am - 12pm
Zoom

Eligibility: Employees & YourChoice Health Plan Members

Scan Here to Register



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