



MINDFUL EATING



Time: 10:00 a.m. – 11:00 a.m.



When: Wednesday, December 8, 2021



Where: Zoom Presentation
(you can also dial-in by phone)

Mindful Eating is about using mindfulness to reach a state of full attention to your experiences, cravings, and physical cues when eating. Rediscover how to have a healthy and joyful relationship with food.



RSVP By Wed, December 1st



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