

Mindful Eating

Emotional Eating and Food Craving Management Group



Queen's
UNIVERSITY Family
Medicine



Hamilton Family Health Team

Better care, together.

Facilitated by Allison Little, RD,
and Jessica Waller, MSW

Wednesdays

March 22 – April 26, 2023

1:30 – 3:30 p.m.

Do you eat when you're not hungry?

**Do you struggle with powerful food
cravings?**

**Do you eat to cope with your emotions
(feeling sad, stressed, lonely, bored)?**

**QUEEN'S
FAMILY HEALTH
TEAM**

**115 Clarence Street
(Haynes Hall, Basement)**

In this group, you will learn:

- about the benefits of mindfulness and how to practise mindful eating;
- how to become more in tune with your body and learn to respond to your natural cues;
- powerful skills that can help you manage even your toughest food cravings; and
- to find balance and heal your relationship with food.

**To register, contact Michelle at 613-533-9300, ext. 73913.
dfm-mindful-eating@queensu.ca**