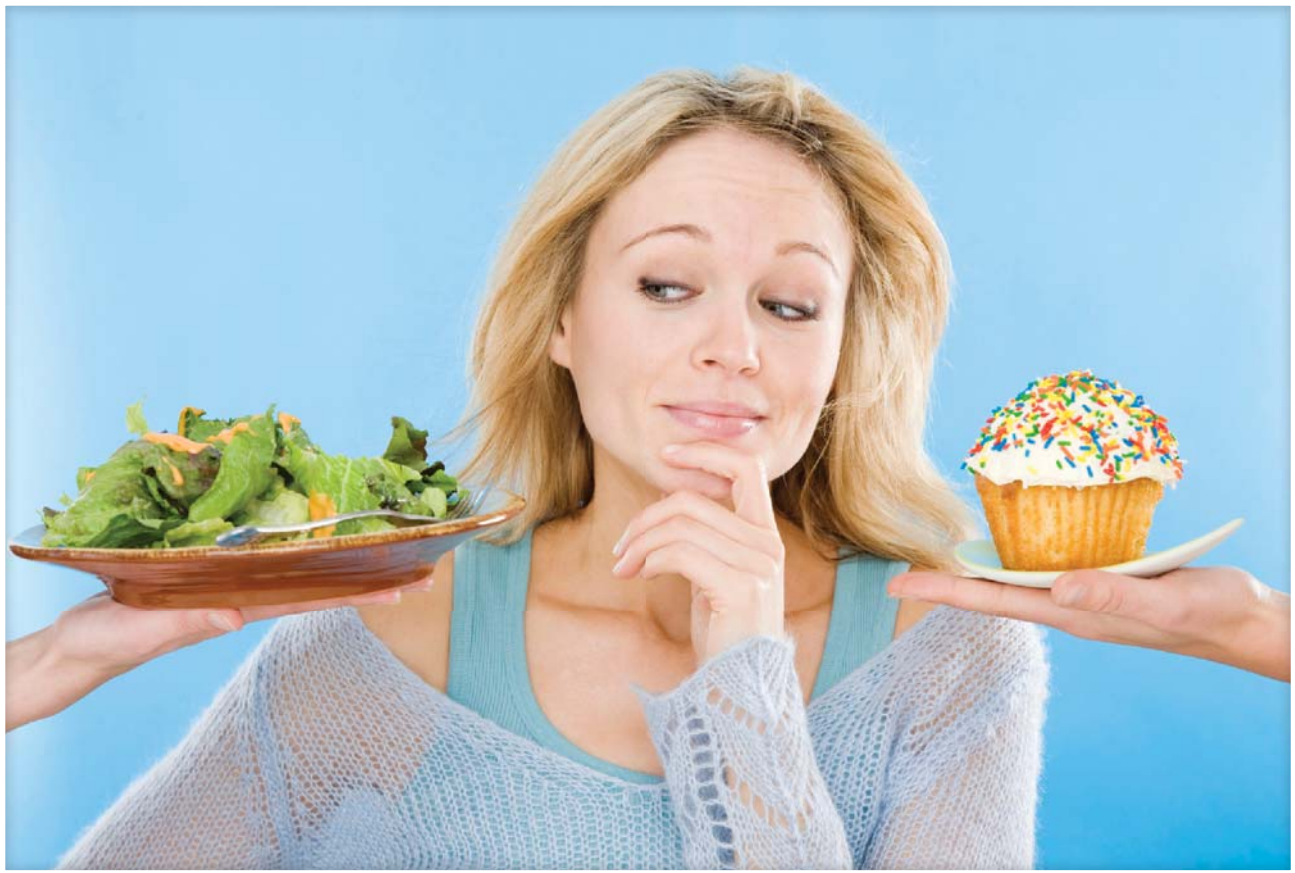


# - FREE NUTRITION SEMINAR -

Monday, Jan. 8 | 10 a.m. & 6 p.m.



## Techniques for How to Eat Mindful, Not Mindless

With the hustle and bustle of day-to-day life, sometimes it seems nearly impossible to eat intentionally - especially when some of your meals are on the go. Please join us for a free seminar to discuss how mindful eating can help with overall nutrition and weight management.

**Friday, January 8 at 10 a.m. & 6 p.m.**  
**"Mindful Eating Techniques"**

CHRISTUS Good Shepherd Institute for Healthy Living  
3133 Good Shepherd Way | Longview  
*(Located in the IHL Classrooms)*



**CHRISTUS® GOOD SHEPHERD**  
Institute for Healthy Living