



Has Food become the enemy?



Learn Mindful Eating

5 Week Program

Tuesdays (Nov. 7, Nov. 14, Nov. 28, Dec. 5, & Dec. 12), 5pm - 6:30pm

Lincoln Complex Building M, Room 172

912 Oak St. SE, Albuquerque, NM 87106

This program is for you if:

- you use food to reduce your stress
- you have a love/hate relationship with food
- you feel like you're always on a diet
- you want to make healthier eating choices

Register here: <https://goo.gl/forms/CBZ89ygffWYY0Vwl2>