Has Food become the enemy?

Learn Mindful Eating

5 Week Program
Tuesdays (Jan. 23, Jan. 30, Feb. 6, Feb. 13, Feb. 20), 5pm - 6:30pm
Lincoln Complex, Building M
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/MMpYxfOPgVBV03vr1

Michelle DuVal, MA, is the leading provider of mindfulness trainings in the Southwest and is the director of The Mindful Center. Michelle leads mindful programs at UNM Center for Life, the Presbyterian Healthplex, the New Mexico Heart Institute and Sandia Labs. Her programs are non-religious and teach the CLINICALLY PROVEN practices of Mindfulness Meditation for health, healing and stress reduction.