

MINDFUL WEIGHT MANAGEMENT: WEBINAR

Wednesday, December 11, 2024
10:00 a.m. – 11:30 a.m.

Join us in this interactive webinar presented by a Registered Holistic Nutritionist.

The following topics will be covered:

- Understanding mindful eating
- Connections between emotions and eating
- Building a balanced diet
- Overcoming challenges
- Food replacements & balanced meal planning



Register through the link below
or by email at:
rabdulsattar@achev.ca

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