

WIC RDN Virtual Training

Mindful Eating

A Sustainable Approach to Optimal Well-Being

Trainer: Michelle May, M.D.

Agenda

- 9:00 am** Welcome and Introductions
- 9:10 am** In Charge, Not in Control:
Introduction to the Mindless Eating Cycle
- 10:10 am** 10-Minute Break
- 10:20 am** Fearless Eating:
An all-foods-fit, non diet approach to
balanced eating.
- 11:10 am** 10-Minute Break (Get Meal)
- 11:20 am** Mindful Eating Experience:
A guided mindful eating experiential.
- 12:00 pm** Q&A and Workshop Evaluations
- 12:15 pm** Program Concludes

