

# YOGA for eating



You've probably heard about the health benefits of yoga, including stress relief and increased emotional well-being. But did you know it can also help you have a healthier relationship with food?

By learning the art of "mindful eating," you can break bad habits such as eating on the go and eating in response to emotional situations. In time, eating can become a means of caring for yourself – not just another item on your to-do list.

Please join us for an afternoon of trying yoga and appreciating eating in a whole new way:

- Learn to manage your weight through nutritional strategies that keep mind and body in balance
- Try yoga techniques that reinforce healthier food choices
- Talk with other participants who want to eat and feel better

No yoga experience is necessary. Sessions will be led by an experienced registered dietician and a yoga therapist.

**Date:** Saturday, September 11  
**Time:** Noon – 4 p.m.  
**Fee:** \$25 per person  
**Location:** Community Rooms I & II  
Sara Lee Center for Women's Health

The session is open only to those 18 years and older.

For more information or to register, please call 718-7000.



**Forsyth** MEDICAL CENTER  
CENTER FOR WOMEN'S HEALTH

