



# Virtual Mindful Eating Support Group

*Do you eat when you are stressed or bored, even when you are not hungry?*

*Is mealtime distracted by phones, tablets, or TV's, causing you to over eat?*

These are examples of “mindless eating”.

*Mindful eating* allows us to connect with our body's internal hunger/fullness cues. Mindful eating can improve weight and overall health, and help us foster a better relationship with food.

**COMING SOON:  
2022 Monthly Meetings Dates  
by Zoom**

To learn more about the practice of mindful eating in, a peer based, group discussion format, please contact:  
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