



Mindful Eating:

Emotional Eating and Food Craving Management Group



Barrie and Community
Family Health Team

Do you eat when you're not hungry?

Do you struggle with powerful food cravings?

*Do you eat to cope with your emotions?
(feeling sad, stressed, lonely, bored)*

Are you frustrated by diets that just don't work?

If you answered yes to any of these questions, ask your health care provider about the Mindful Eating Group today!

In this group, you will learn:

- about the benefits of mindfulness and how to practice mindful eating
- how to become more in tune with your body and learn to respond to your natural cues
- powerful skills that can help you manage even your toughest food cravings
- to find balance and heal your relationship with food



Talk to your health care provider to see if you are eligible to attend this group.

Program developed and shared by the Hamilton Family Health Team