



# Mindful Eating:

*Discover Principles and Practices  
Leading to Greater Balance, Choice, and Self Care*

**An eight-week course for Women  
William S. Middleton Memorial Veterans  
Hospital  
Room A2002**

**Facilitated by the Wellness Program**

---

In this complex, fast-paced world, we may have lost our ability to pay attention, to nurture ourselves and to enjoy the experience of eating. In this eight-week course for women, we will explore how the practice of Mindfulness can help us learn to live more comfortably in our own bodies, make wise choices, and appreciate all aspects of food preparation and consumption.

## **Mindful Eating is:**

- Allowing yourself to become aware of the positive and nurturing opportunities that are available through food preparation and consumption by respecting your own inner wisdom.
- Choosing to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- Acknowledging responses to food without judgment.
- Learning to be aware of physical hunger and satiety cues to guide your decision to begin eating and to stop eating.

**Who:** This course is appropriate for all women who are interested in participating in practices designed to help us change our relationship to our bodies and food.

**Cost and registration:** Free for Veterans. Register by calling 608-256-1901 x11052.

**Where:** Room A2002 of the William S. Middleton Memorial Veterans Hospital.

**When:** Got to Event Calendar at [www.madison.va.gov](http://www.madison.va.gov).

**Facilitators:** Wellness staff who are interested in sharing Mindfulness principles and practices related to self care, nourishment, and food consumption.

Jane Williams, OTL

Tricia Medow, COTA

Kristi Rietz, OTL, RYT, CTI

***Please share this flyer with other Veterans who may be interested in this very special class.***