

# Eating With Awareness

## Mindful Eating Program



### 8 week course

Presented by Robert Hoechster, RD, LDN

**Cost: \$100\***

*\* (A \$25 refund is provided to participants who attend all 8 sessions.)*

**Thursdays, 6-7:30 pm:**

**March: 2, 9, 16, 23, 30**

**April: 6, 27**

**May: 4**

All classes meet at Fairview Hospital  
in Great Barrington.

The Eating with Awareness (EWA) program uses mindfulness meditation, eating exercises and self-reflection to cultivate awareness and help repair your relationship with food. The program was modeled after mindfulness based stress reduction practices that have been used for decades to help treat stress, addictions, anger problems, relationship problems and more.

The concepts and skills learned in this program will help you feel empowered to make balanced food choices and gain control of your eating and weight once and for all.



**Fairview Hospital**  
BERKSHIRE HEALTH SYSTEMS, INC.

**Call 413-854-9661 to register.**

