Emotional Eating versus Mindful Eating

Have you ever made room for dessert even though you’re already full or dove into a pint of ice cream when you’re feeling down? We all might have experienced this at some point in our daily busy routines, but has it become a stubborn habit that does not want to leave you? If the answer is yes, you can do something about it! Join us for this wellness session to help you deal with emotional eating by considering the mindful eating approach.

Presenters: Jignasha Shah, Sage College Graduate Student in the Master of Science Applied Nutrition Program and Jamie Zwirn, Sage College Post Baccalaureate Student in Nutrition Science.

To Register
Contact: Brenda Seckerson, EAP Coordinator
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442-5483

OR REGISTER ONLINE:

HTTP://WWW.ALBANY.EDU/EAP/EVENT_SIGN-UP.HTM

Tuesday, November 1
12 noon—1:00 pm
Café Conference Room
Health Sciences Campus