

Bridges Community Health Centre

Community Health and Wellness Programs

Mindful Eating

6 week on-line group program



Starts Tuesday, January 23, 5:30-7:30pm

Would you like to improve your relationship with food & learn to work with your body instead of against it? Are you interested in jumping off the “diet train” permanently? Join our Dietitians in this 6 week, free, on-line program to learn more about Mindful Eating.

To register or for more info, please email Melissa at melissa.aubertin-coutu@bridgeschc.ca