

Bridges Community Health Centre

Community Health and Wellness Programs

Mindful Eating

6 week on-line group program



Starts Tuesday, February 4, 4:00-6:00pm

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 contact us at 289-479-5017 ext. 0 or info@bridgeschc.ca