



Mindful Eating

March 1-31

Do you want to improve your relationship with food and develop healthier eating habits? Take the Mindful Eating challenge to learn and practice skills needed to regain control.

Schedule

Join us for a 4-week email based challenge!

WEEK 1: Be Mindful *Before You Eat*

WEEK 2: Focus on the Food and Enjoy the Moment

WEEK 3: Be Mindful *While You Eat*

WEEK 4: Start Small and Slow Down

Wellness challenges are email based, self-paced educational programs that focus on areas of well-being. Often used to jumpstart habits and personal goals, challenges provide information, resources, and motivation to help you achieve good health.

**REGISTER
TODAY**

or at pehp.org
Sign up early to
receive all the
weekly emails