
Savor the Flavor Mindfulness Eating Group

*Fridays 10:00-11:00am, August 11th
through September 8th, Santiam Hospital*

This **FREE** 5 week group will provide a useful and very different approach to changing your relationship with food. It focuses on healthy eating, weight loss and stress reduction. Participants will learn the clinically proven techniques of mindfulness, meditation and how to hone and direct these skills of mindfulness toward eating and weight issues.



Participants will learn to:

- Understand thought patterns in relationship to food choices and eating habits
- Bring a greater sense of awareness to one's relationship with food
- Pay attention to the habits of the mind as we eat
- Learn to truly experience eating



Join Dr. Jeni Felker, PsyD, Licensed Psychologist, and one of Santiam Medical Group's Health Behavior Consultants, in this *fun* and informative group. Contact your primary care provider and he/she will submit a group referral/request for you.

**SANTIAM
HOSPITAL**
embrace HEALTH™
STAYTON

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