

City of Winston-Salem
2012 Holistic Wellness Series

MINDFUL EATING

Balanced Diet for a Balanced Life!



This 3 class series is FREE & OPEN to Employees & Retirees

01/12/12 Session #1 - Mindful Eating: “The How and Why of Eating”

01/20/12 Session #2 - Mindful Eating: “When to Say When”

01/26/12 Session #3 - Mindful Eating: “What’s Eating You?”

Instructor: Debra Benfield, M.Ed., R.D., LDN

Master’s prepared Registered Dietician & Licensed Dietician/Nutritionist
Encourages individuals to eat with their “Body in Mind Nutrition”

Time: 11:00 am – 12:00 noon (all)

Location: City Hall- Committee Room -2nd Floor (all)

101 North Main Street

Winston-Salem NC 27101

Pre-Registration is Required

May sign up for 1 class or all 3 @ jennifem@cityofws.org or call 727-2305