

EDRC's Ask The Experts Presents:

Key Tools and Practices of Mindful Eating

**Andrea Lieberstein,
MPH, RDN, IMTA CMT-P, RYT**

Zoom only event

**Wednesday October 4th 2023
7pm - 8:30pm PST**



Andrea Lieberstein, MPH, RDN, IMTA CMT-P, RYT, Founder of the Mindful Eating Training Institute is the author of the book, “Well Nourished” which was chosen as one of the “Best Mindfulness Books of 2020” by Mindful Magazine. She is a mindful eating expert, registered dietitian nutritionist, certified mindfulness meditation and mindful eating teacher, certified eco-therapist, yoga teacher, internationally recognized teacher trainer for professional certification programs, a Well Nourished Coach™, and a champion for leading a Well Nourished Life. Andrea will share a map of mindful eating, how its flexible approach is helpful for recovery, and how it supports a Well Nourished lifestyle where the whole self is cared for. She will discuss key tools and practices of Mindful Eating, offer an experiential practice, as well as tips on how to successfully implement Mindful Eating into one's life. Mindful Eating can be particularly effective for recovery from Binge Eating and disordered eating, helping to create and maintain a healthy and joyful relationship with food, body, and self. www.yourwellnourishedlife.com

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WHERE: El Camino Hospital Park Pavillion, 2400 Grant Road, Mountain View 94040, Room K (enter through the back of the building and downstairs).



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