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Mindful Eating Adventure, 11/14, 12:15 PM

by Sarah Morley on November 12th, 2018 | [0 Comments](#)



Enhance the pleasure of eating by being aware of the color, aroma, taste, feeling, and thoughts that arise during a meal. You will be guided in mindful eating by registered nutritionist Amanda Hurford. During this brief session you will experience how foods can come alive!

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