

Stepping Stones to Health

**A Mindful Eating Workshop presented by
Intestinal Health Institute and Mind-Body-Science**

Friday, February 7, 5:30-8 PM

- 7-minute workout
- Solutions for Sugar Overload Power Point
- The Skinny on Obesity: A Fast-Paced Fast Food Life
- Food Demo & Tasting
- Stress & Overeating
- Stress Reduction Exercise

Saturday, February 8, 9-4 PM

- Nature Walk
- Guidelines for Good Eating
- Biofeedback: Watching Your Heart Relax
- Food Demo & Tasting
- Hands on Practice Time: Em Wave & Food Prep
- How to Unload Toxins
- Yoga Hour
- Lunch – Sheila's Own Recipes
- Games to Control Your Stress Levels
- Setting Up the Natural Kitchen
- Positive Emotions & Intuitive Eating
- Dessert, Q&A, Evaluation, Meditation

Workshop Price \$149

Registration:

Ann Baldwin www.mind-body-science.com
(PayPal - click on "Upcoming Workshops", "Mindful Eating Workshop")

OR

Sheila Shea 520-325-9686 intestines@sheilashea.com (Check or Cash)

Location: Columbus and Fort Lowell area/details upon registration

Workshop Leaders

Ann Baldwin PhD Mind-Body-Science.com
Sheila Shea MA IntestinalHealthInstitute.com

For more information, contact Ann or Sheila