



FOR IMMEDIATE RELEASE

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Mindful Eating Program Starts Soon at Fairview Hospital

Fairview Hospital will present “Mindful Eating: An Effective Approach To Weight Loss,” a health series held on Thursday evenings from 6:000 -7:30 p.m., beginning on March 7 and continuing for eight consecutive weeks through Thursday, April 25. Classes take place in the Conference Room at Fairview Hospital in Great Barrington.

Robert Hoechster, RD, LDN, of Fairview’s Outpatient Nutrition Services, will facilitate the program.

The Mindfulness Based-Eating Awareness Training Program uses mindfulness meditation, eating exercises, instruction and self-reflection to cultivate awareness and help repair the relationship an individual has with food. The program is modeled after mindfulness based stress reduction practices that are effective to help treat stress, addictions, anger problems, relationship problems and more. The concepts and skills learned in this program are designed to empower an individual to make balanced food choices and gain control of eating and weight.

This program is not a clinic for eating disorders or a program focused on losing weight. Past participants report more success applying mindfulness to food choices and eating behaviors, greater meditative practice and a healthier emotional attitude and awareness of eating and food choices through techniques designed to support better health. Past participants are welcome to repeat the class.

The program fee is \$75. For more information or to register, please call Robert Hoechster, RD, LDN at (413) 854-9661.