





# Turn your *mindless* eating into *mindful* eating

Are there unseen forces that contribute to ...  
your food choices?  
how much you eat?  
eating when you don't feel hungry?

Join us on **Friday, February 17** from **12:30-1:30 p.m.**  
in the **Palms South Wing** for a **lunch** session.

-  Explore the factors that affect food choices on the subconscious level
-  Learn to identify social and cultural cues that can impact food choices and consumption
-  Receive a tip list based on research findings to help make healthier food choices
-  Identify at least two principles that can be applied to changing the "environment of eating"

**Our guest speaker, Dawn McCoy, RD, LD.** is a registered Dietitian with 25 years of experience. She is currently employed as the Clinical Nutrition Manager at Upson Regional Medical Center.

For only **\$6.42 or a meal plan** you will be provided a nutritional and tasty meal with recipes you can take home and make yourself. Just let the cashier know you are attending the Wellness lunch.

*Open to faculty, staff, students*

Sponsored by  
**VSU Wellness Committee**

