­

![C:\Users\tonyamcfarland\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NM714I62\MP900422530[1].jpg]()

Mindful Eating, Mindful Living

Dr. Tonya McFarland

At 303-709-5897 or by email at tonya@trustedtherapy.com

Group is limited to 8-10 people so you must register prior to attending the group.

Contact

This is a group for people who want to learn skills to help them eat more mindfully and become more aware of their eating patterns. Mindfulness skills can also be used to help live a more balanced, calm, and enjoyable life.

Goals of the group include:

* Learn mindfulness skills
* Improve your relationship with food and yourself
* Identify triggers to unhealthy eating patterns
* Improve body image and self-esteem
* Become more confident in yourself

The group will be ongoing every Tuesday evening starting January 6th, 2015. You may attend as many groups as you feel is helpful for you.

The group will be held at Dr. Tonya McFarland’s office Trusted Therapy at 1030 Johnson Rd, Suite # 323 in Golden, CO 80401. This will be a confidential, supportive, and encouraging group for all.

* The cost will be $50/group/person. Purchase 4 groups and receive 50% off of your fifth session.

Dr. Tonya McFarland is a licensed clinical psychologist in Golden. She has over 10 years of experience working with people who struggle with their weight and body image.

Do you feel that you sometimes over/ under eat when you are stressed? You are not alone!