



## Chelmsford Eating Mindfully

6-week Program on Tuesdays  
October 15 to November 19, 2019  
4:00 – 5:00 pm  
McCarthy Middle School, Library

### Improve Your Relationship with Food

This class focuses on eating behavior, habit loops, and changing your relationship with food forever. It is the only program to combine mindful awareness with an evidence-based, step-by-step approach to rewire your brain for change. The EatRightNow app is included in the program. Participants pay \$25 initially. MIIA will reimburse with an Amazon gift card for those completing 4 weeks.

#### Free Telephone Coaching

Want to lose weight, improve fitness, reduce stress or some other health or wellness goal? [Click to learn more](#). Only for MIIA/Blue Cross members.

\* Free program open to all **Town of Chelmsford** employees and their spouses

\* Earn a Zuma Cooler Backpack for completing 5 out of 6 classes

**Leader:** Sandy Sarni, Registered Dietitian, Nutrition Specialist

**Registration:** Please register by October 11 with Mary Harrington at [mharrington@mma.org](mailto:mharrington@mma.org) or 617-426-7272 x278. Please let Mary know if you are a MIIA/Blue Cross member. Class size is limited to 20.