

MINDFUL EATING WORKSHOP

Gizem Köse (PhD, MB-EAT), Acibadem MAA University, Türkiye

FULL
POSSIBILITIES
FOR YOU



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Mindful Eating Workshop

Mindful Eating Training Institute
Certificate of Training in MB-EAT

Presented to
Gizem Kose, PhD

*For the successful completion of the
Mindfulness-Based Eating Awareness Training (MB-EAT) and Mindful
Living Professional Online Training and Mentoring Program and
Qualification of*

“MB-EAT Practitioner”

MB-EAT-P

July 31, 2019 Novato, California

Andrea Lieberstein, MPH, RDN, RYT

Andrea Lieberstein, MPH, RDN, RYT, MB-EAT Teacher Trainer, Director, Mindful Eating Training Institute (METI)

48 CPE's approved by the Commission for Dietetic Registration, American Academy of Nutrition and Dietetics

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First things first

Mindfulness Meditation

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AND NOW MINDFUL EATING PRACTICE

HUNGER & FULLNESS

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Hunger & Fullness Scale



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<https://diabetes.org/sites/default/files/2019-06/hunger-rating-scale.pdf>



LET'S DEEPEN IT

SAVORING FOOD

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Eating with All Senses

LOOK & SEE

TASTE

SMELL

HEAR

TOUCH

MAKE IT ALL HAPPEN

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LAST BUT NOT LEAST

FEEDBACKS

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AND LASTLY

**THANK YOU ALL FOR
JOINING!**

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