



Mindful Eating - Who Is Hungry In there? Application Form

We invite you to participate in a workshop that is designed to allow increased quality of life and enjoyment of our relationship to food. Mindful Eating is part of Mindfulness in Daily Life utilizing practices specially designed for looking deeply into our eating patterns.

The course follows the method of Mindfulness Based Therapies developed in several University Health Centres, particularly at UC Stanford and by Dr. Jan Chozen Bays, a long time mindfulness teacher, Zen practitioner and physician. There will be six sessions on consecutive Thursday afternoons, each of which will last two hours from 3:30-5:30 p.m. ***Currently we are looking for a suitable location for this program and plan to be offering it in April 2016.***

Dr. Kathy Nathan PhD. will be the therapist/teacher for this program. She is a clinical psychologist with many years of meditation practice and 8 years as a mindfulness teacher trained at the University of Massachusetts Centre for Mindfulness. Workshops begin in **April and September** in 2016. (please circle your preferred session start month). ***The cost is \$300.00 and is eligible for reimbursement*** from most extended health care insurance plans. If this would cause financial hardship please let us know and we can reduce the fee.

To apply for this course, please complete the brief questionnaire below, and return it as soon as possible by pdf to mbsrworkshop@rogers.com. Please **notify us by email** that you are interested in the course and will be sending the form by mail. You can find more information on our website: www.mindfulhealthprofessionals.ca All your information will be kept in strict confidence. If you would like to speak to Dr. K. Nathan you may leave a message at 613-225-9322 and your call will be returned. WE are happy to help you out with any part of this process.

Name: _____ Date of Birth: _____

Address: _____ P. Code _____

