COLOR ME IN!

MINDFUL EATING

POSITIVE CHOICE INTEGRATIVE WELLNESS CENTER
thrive San Diego, CA

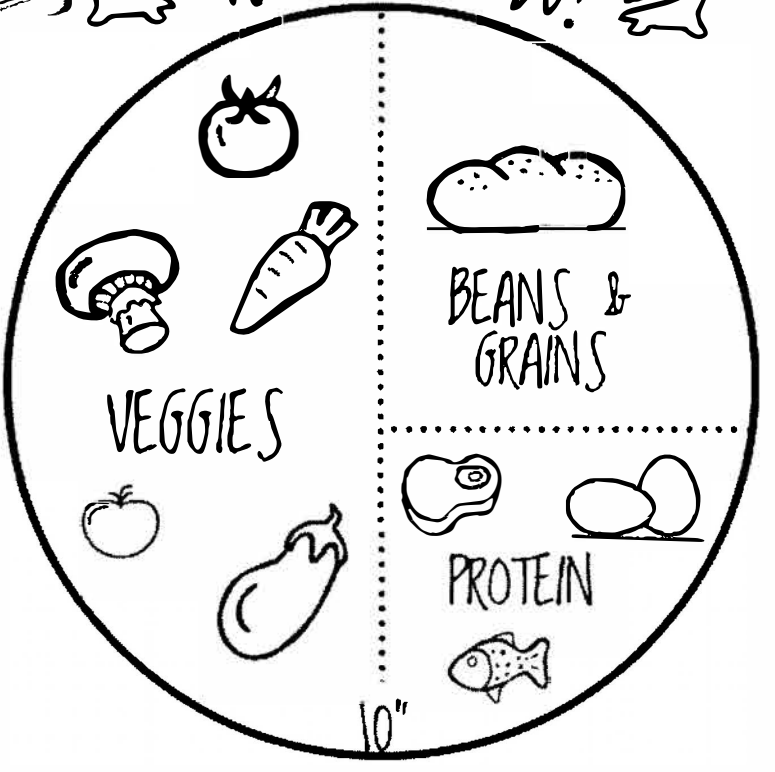
#thrive

take smaller bites

Take it SLOW!

CHEW MORE

set the fork DOWN between bites



eat with your NON-DOMINANT HAND

take a breath

share A MEAL WITH family

sit at the TABLE

eat on a PLATE

LOSE WEIGHT
FAT FREE!
IGNORE health claims

CLOSE YOUR EYES
Savor!

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