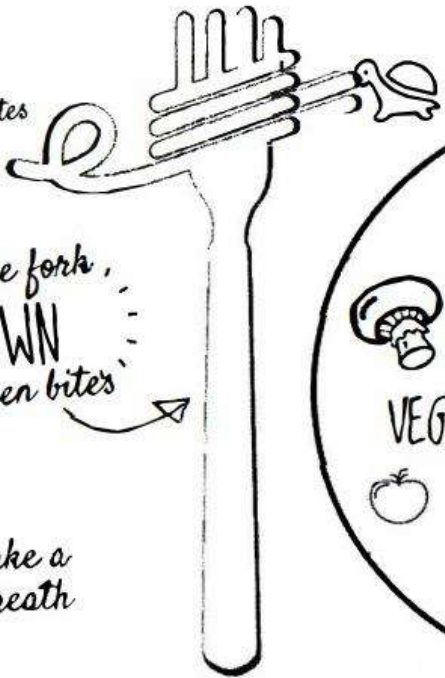


MINDFUL EATING

POSITIVE CHOICE
INTEGRATIVE
WELLNESS CENTER 
San Diego, CA

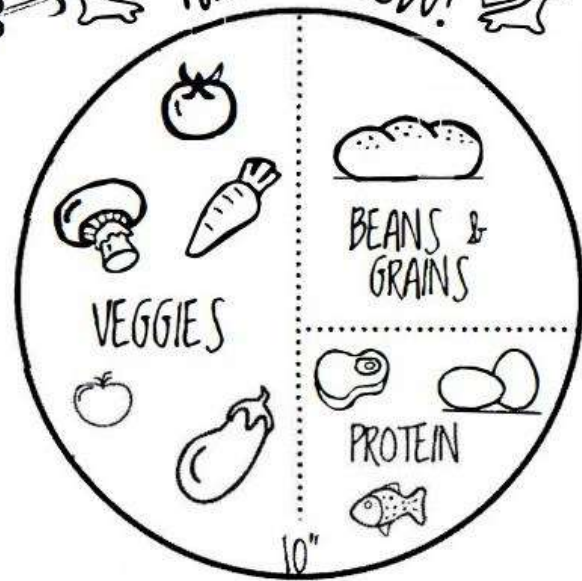
#thrive

 take smaller bites



Take it SLOW!

set the fork DOWN between bites



CHEW MORE

eat with your NON-DOMINANT HAND

 take a breath

share A MEAL WITH family 

sit at the TABLE 

 eat on a PLATE

 IGNORE  health claims

CLOSE YOUR EYES  Savor!