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Hi <<First Name>>,

While winter can be a challenge, it can also be filled with light, warmth, rest, and growth. Winter is a time to prepare for the renewal and rebirth of our spirits. Before you know it, the light of spring will return and we will be refreshed and ready by caring for ourselves.

This winter, ask yourself if you are making enough ME time. One of the many ways you can take care of yourself is to renew and refresh your relationship with food, weight and body image. Once you're less consumed with that, you'll have more time and energy. Where will you invest it? Spend some time and energy on yourself, which you most definitely deserve.



Our first Mindful Eating Online Workshop is in progress, and participants have begun to heal their relationships with food.

In the first workshop we learned: *For most people, issues with food aren't just about what you eat, but why.*

This really resonated with participants. Here's what they've been saying...

"So far the positive outcome for taking the course was finding my extinguished fuse that now feels ignited once again to be conscious of when I am hungry and satisfied. Taking the course so far has awakened me from my hibernation to once again pay attention throughout the day with my eating habits & patterns while trying to re channel & refocus this wasted energy into other passions.", A.B.

"That's 1 of the biggest take a ways from last night session! I am really grateful to you for this." Z.W.

I'm excited to share the news that I have expanded my Mindful Eating Program to bariatric surgery patients. Bariatric surgical procedures cause weight loss by restricting the amount of food the stomach can hold. Before and after surgery, mindful eating skills can help patients deal with behavioral issues that will improve the outcome of their surgery.

I have already started 1:1 Coaching sessions. In June, I will be a guest speaker at the Bariatric Surgery Support Group at NewYork-Presbyterian / Weill Cornell Medical Center. Please reach out if you or a loved one need help with this.

Wishing you all a cozy February,

Susan

Book a Complimentary Discovery Call.

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