



“Mindful Eating” is a 4 weeks program involving Facebook and E-coaching in order to provide you with the knowledge and skills to be more aware of what you eat to help improve your diet quality and overall health!

This program is an online/texting program designed to educate as well as support, encourage and facilitate discussion as an effort to raise mindfulness about what foods are being eaten. If interested you will be asked to participate in a research study to evaluate the effectiveness of different approaches against mindless eating!

What you will receive:

- **Weekly online lessons to help you learn how to eat more mindfully**
- **A personal E-coach or group discussion online support**

The Program will run from Mid-January through Mid-February

Contact Graysha Chinae at Graysha.rivera_chinea@uconn.edu or Chloe Seddon at Chloe.seddon@uconn.edu with any questions

Please register by sending your information to email above or complete & send form to: Ellen Shanley, Dept. of AHS, Unit 1101

Name _____ Phone # _____
Campus email _____ Net ID _____

UConn IRB			
Approved On	12	29	17
Approved Until	11	16	18
Approved By	PCE/JM		