



# PRESENT PRACTICE WORKSHOP

DECEMBER 15TH @ 1 PM - \$25/PERSON

Participants will:

- Learn three techniques to create a more present eating practice
- Practice techniques
- Learn mindful and nourishing meal planning habits for a busy lifestyle and season
- Take home learning materials

Creating a healthy and present eating practice can be hard, especially this time of year! How would it feel to enjoy this season, without any guilt or shame and create a present eating practice? **This workshop is for you!**



Niki Morgan is a Registered Dietitian and owner of New Frontier Nutrition LLC with nearly 15 years of experience. She especially enjoys helping clients learn to find satisfaction in food and eating while improving health and well-being.