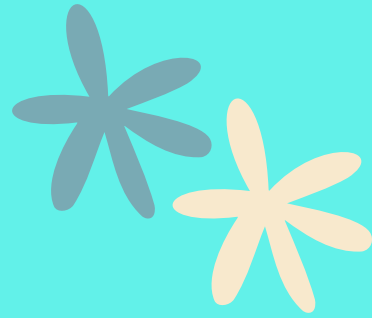
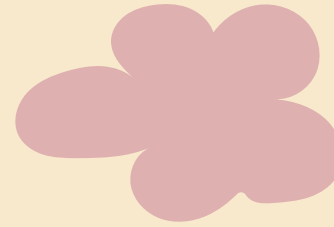




**EATING MINDFULLY
MEANS EATING
JOYFULLY!**



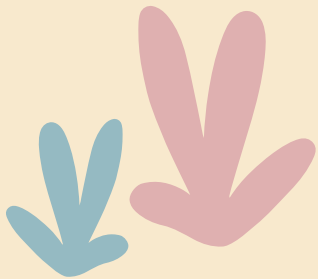
**WHAT'S YOUR MOOD
RIGHT NOW? HOW
CAN YOU NOURISH
IT?**



**ARE YOU
CELEBRATING OR
COMFORT EATING?**



**WHAT WOULD YOU
LIKE TO FEEL AFTER
THIS SNACK?**



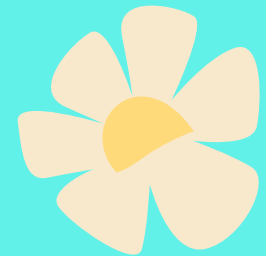
**ARE YOU HUNGRY OR
JUST BORED?**



PAUSE AND BREATHE!



**TREAT YOURSELF,
BUT DON'T FORGET
TO NOURISH
YOURSELF!**



**CHALLENGE
YOURSELF! CAN YOU
WAIT 10 MINUTES
BEFORE SNACKING?**