

Understanding & Improving Your Relationship with Food: Mindful Eating Strategies

October 3, 2025

1:30-2:30pm MT

Our relationship with food and how we take care of our bodies is directly related to our mental health and our self-esteem. This presentation highlights the importance of understanding our eating behaviours, and working towards incorporating balance versus restriction with food. The presenter invites participants to bring one piece of chocolate to this session, for an interactive activity.



Learning Outcomes:

- How to identify Disordered Eating Behaviours and the five reasons why we typically turn to food
- Ways to cope with negative emotions, without using food
- Understanding what it means to eat mindfully, and paying attention to our hunger cues
- Helpful strategies to maintain a good relationship with food

Speakers:

Tracy Colson - BSW, RSW. Tracy is a proud aboriginal person from the west coast of Newfoundland. She has been a therapist for 15 years, and has been specializing in disordered eating and self esteem issues with her private practice "Life Aligned Wellness", for approximately five years.



Target Audience: Anyone who struggles to maintain a good relationship with food

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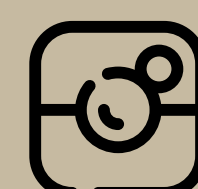
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