

The Practice of Mindful Eating

Every 2nd Sunday of the Month

12:15pm – 12:45pm

Take the time to enjoy each bite of your meal and the flavors that you taste by disconnecting from your fast-paced life. This is the time to detach from your cell phone for a meal, in an attempt to remain present and focused.

Venue: Pure Mind Center
7825 Olive Blvd
U. City, MO 63130

Vegetarian food will be provided.

Detail Info: www.puremindcenter.org

This program is open to the public.

Registration is preferred. Donations are welcome.

Please bring your own tableware (ie. A plate, bowl, cup, and silverware).

