



SOLUTIONS FOR CORPORATE WELLNESS

Mindful Eating Workbook

A workbook to support the development of healthy, sustainable eating habits

In the Moment - Mindful Eating

A phone app for iPhone and Android devices to help strengthen positive eating habits introduced in the workbook by offering 24/7 practice opportunities at the user's fingertips

Provide your employees with these proven tools for improving health through healthier eating habits. Help them focus on changing attitudes and habits for lasting results. This is not another dieting-centered approach. Employees will learn to keep a positive outlook as they move toward improvements in research-based behavior change strategies.

Wellness points can be earned for targeted activities at the employer's discretion.

Pricing for app and workbook:

Minimum of 25 app/workbook units

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| 25-100 | \$15/unit |
| 101-250 | \$14/unit |
| 251-500 | \$13/unit |
| 501+ | \$12/unit |

Onsite visits by Kim Flannery are optional. Contact Kim for pricing.

Suggested on-site visits:

- Assistance with downloading app as a group (wellness points can be given if desired)
- Lunch and learn topics to coincide with units in the workbook
- Other support as needed