



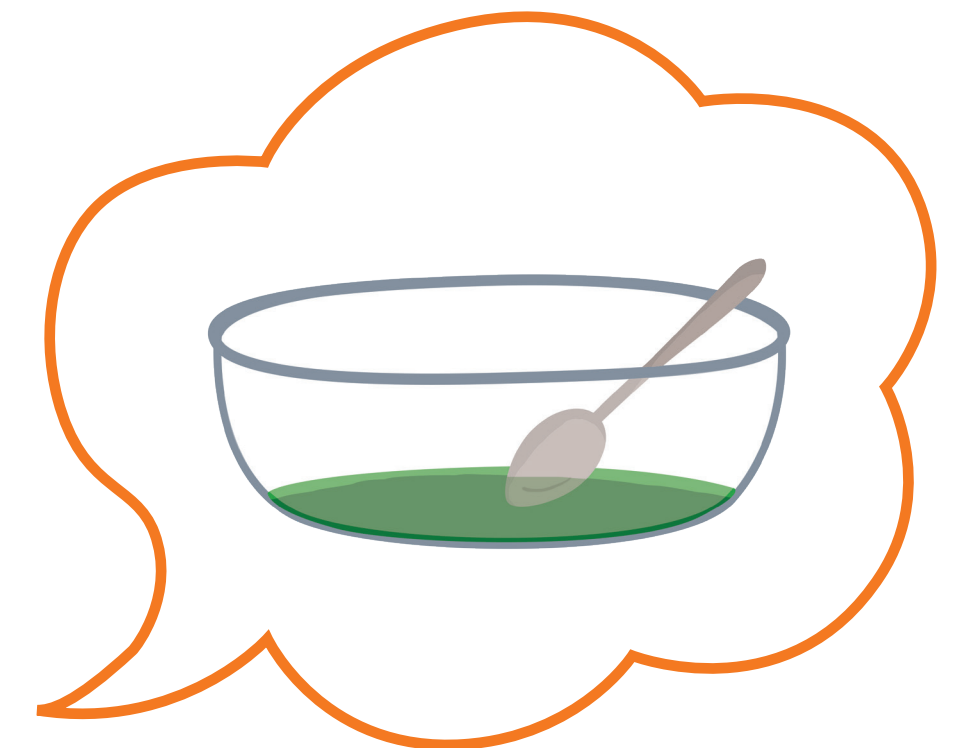
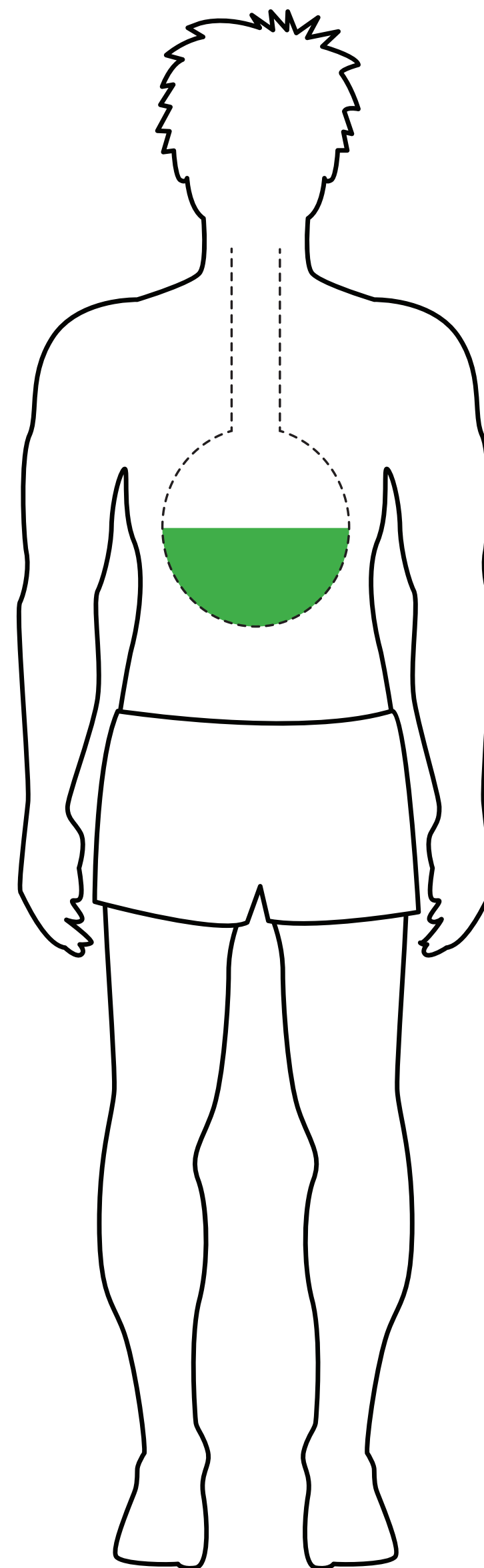
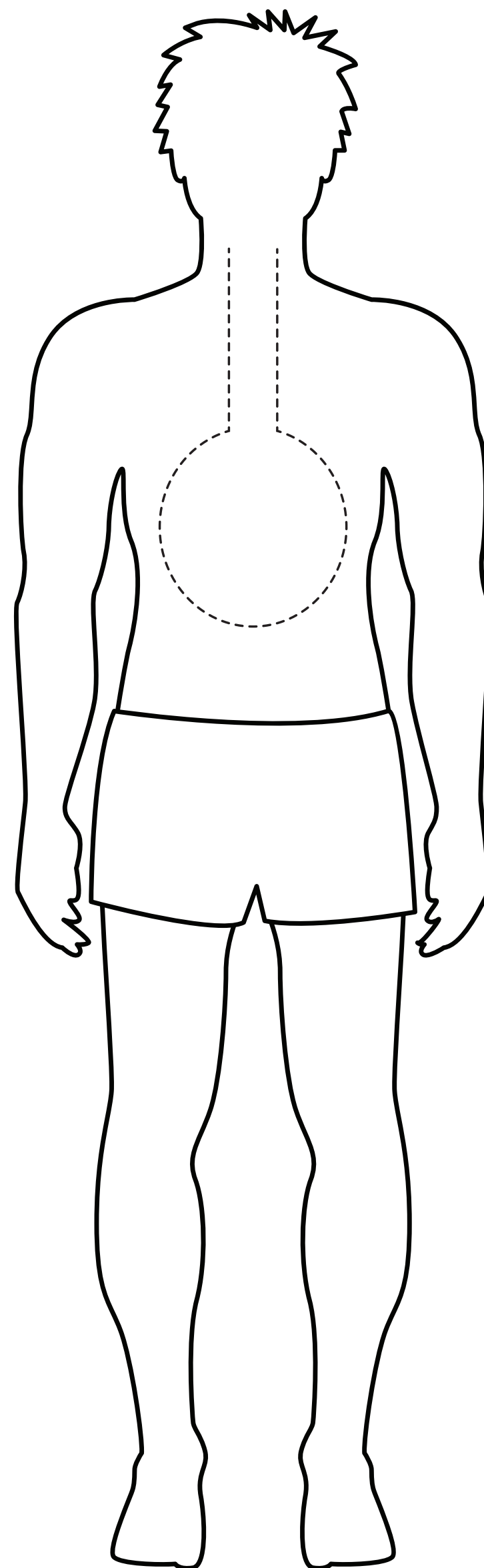
Mindful Eating

PSYCHODIETETIC PROGRAMME

Authors:
Katarzyna Wojtkowska
Julia Barlińska

Adapted by:
Tess Capper
Michelle McKinley
Jayne Woodside

When to start and when to stop eating?



This activity has received funding from EIT Food, the innovation community on Food of the European Institute of Innovation and Technology (EIT), a body of the EU, under the Horizon 2020, the EU Framework Programme for Research and Innovation

