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Mindful Eating: Discouraging Emotional and Disordered Eating

Kathleen Zelman, MPH, RD

Tuesday, April 12, 12:30 p.m. ET, 11:30 a.m. CT

It's hard to pick up a magazine these days without reading about dangerous eating disorders like bulimia and anorexia. But far more common than those eating disorders are atypical or irregular eating disorders. We all eat weirdly during times of emotional stress but it can be a fine line that distinguishes disordered eating from quirky eating habits that, if left unchecked, can develop into serious food issues. This webinar will help you learn how to eat more mindfully while avoiding the traps that could lead to emotional and disordered eating.

To register for an upcoming Source4Women online seminar, visit www.uhc.com/source4women and click on 'online seminars.' All seminars are recorded and archived for viewing after the live seminar date.



Kathleen Zelman, MPH, RD

Kathleen Zelman is a nationally-known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She currently serves as director-at-large on the American Dietetic Association (ADA) Board of Directors, and received the prestigious ADA "Media Excellence Award" for her contribution and commitment to educating consumers about food and nutrition issues through the media.

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