

Using mindfulness to take charge of your eating

In this busy world, it's common to quickly devour meals in between (or during!) other pressing tasks. Perhaps you stare at a screen while eating, and in a blink the meal is gone and you barely noticed it. This is mindless eating whereby your primary attention is elsewhere—not on your food. However, you can improve your eating habits by practicing mindfulness.

Tap into your program for tips and ideas on mindfulness, better eating and health.

Log on to MagellanAscend.com today!

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1-800-424-4831

