

the JOY of Mindful Eating & Mindful Living



EATING AND LIVING MINDFULLY IN ORDER TO PROTECT THE EARTH,
REDUCE STRESS AND HAVE A MORE HEALTHY AND SATISFYING LIFE

Join us for a Public Talk by Chan Huy

Hosted by New Garden Friends Meeting and Deep River Sangha

● **Wednesday, May 25 at 7 p.m.** ●

New Garden Friends Meeting — 801 New Garden Road, Greensboro, NC

- Do you want embrace a more healthy lifestyle? Attain weight loss that lasts? Use mindfulness to recognize the difference between physical and emotional eating?
- Do you know what you as a consumer can do to make your eating habits more environmentally friendly?
- Do you seek inner peace and stress reduction?



Chan Huy is a mindfulness and meditation teacher who leads retreats throughout North America. He will guide us through the practice of uniting our body and mind in the present moment, so that we can achieve our wellness goals.

He'll show us how our emotions (anger, stress, sadness, loneliness, etc.) and our food consumption are intimately linked.

He'll introduce us to food that nourishes our mind, body and spirit.

He'll help us see the universe in a piece of bread.

Chan Huy is in Greensboro to lead a weekend residential meditation retreat on Deep Listening and Loving Speech at the St. Francis Springs Retreat Center in Stoneville, NC, and is delighted to share the evening with you.

**For more information visit Deep River Sangha ≈ <http://deepriversangha.org>
or contact Susan Poulos at 336-686-2313**