Having trouble in controlling how much you eat? 
Want to have a healthy eating habits? 
You’re invited to join us in...

**JOURNEY TO A HEALTHIER ME!**

“Be Mindful, Be Healthy, Be Happy”

New ways in having a healthier life!
The first ever MINDFULNESS-BASED program in UNIMAS!

**Date**: 18 & 19 April 2015  
**Time**: 8.00am - 4.30pm  
**Venue**: Counseling Lab, FSKPM

What can you gain from this program? 
- Learn basic mindfulness techniques  
- Learn to be aware of what you are eating  
- Learn to control your eating habits

**WHAT IS MINDFULNESS?**

“Mindfulness means paying attention in a particular way; On purpose, in the present moment, and nonjudgmentally.”  
(Jon Kabat-Zinn)

Fee: RM 2 ONLY!  
Register Now Until 14th April 2015!

For any inquiry or registration,  
Call/WhatsApp/Message:  
Shairah – 0198317849  
Nisha – 0172400941

**SPECIAL!**

OPEN FOR WOMEN ONLY!  
FOODS PROVIDED!