



ACEF Spotlight

The Mindful Eating and Living (MEAL) Class*

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[Click here for detailed class information](#)



Werner Absenger, Ph.D., M.Sc., is a mind-body medicine research scientist who has taught scores of people the skill of health and well-being. Dr. Werner received his clinical training from Dr. James S. Gordon, MD, a Harvard-educated psychiatrist.

Dr. Gordon is the Founder and

Executive Director of The Center for Mind-Body Medicine. He is also a Clinical Professor in the Departments of Psychiatry and Family Medicine at Georgetown Medical School. Dr. Gordon served as the first Chairman of the Program Advisory Council of NIH's Office of Alternative Medicine and as Chairman of the White House Commission on Complementary and Alternative Medicine Policy under Presidents Clinton and G.W. Bush.

Dr. Werner currently leads meditation and mindful eating workshops for ACEF's Susan G. Komen of Michigan funded *Living Well in Breast Cancer Survivorship* program in collaboration with Johnson Family Cancer Center. He also offers weekly group meditation sessions open to the public at ACEF and private sessions from self- and physician referrals for Mindfulness-Based Stress Reduction (MBSR).

Dr. Werner's energetic, yet up-front approach empowers you with skills that are beneficial and can be used right away in everyday life.

Your relationship to food is a central one that reflects your attitude toward your environment and yourself. As a practice, mindful eating can bring you awareness of your own actions, thoughts, feelings and motivations, and insight into the roots of health and contentment. MEAL is a one-of-a-kind, clinically proven program, which runs six weeks. MEAL teaches you an entirely new approach to healthy eating, weight loss, and stress reduction in breast cancer survivorship.

Food: The Solution, not the Problem

- Mindful eating offers two main advantages over dieting: 1) it helps you meet your physical needs, and 2) food satisfies your emotional needs.
- You'll learn how to choose your way to eat food that is both pleasing to you and nourishing to your body by using all your senses to explore, savor and taste.
- You'll develop a greater awareness of hunger and satiety clues from the body;
- You'll be able to explore how stress impacts not only how you eat but how you live your life;
- We'll pay particular attention toward developing stress management tools for a lifetime of health and greater well-being;
- You'll be able to learn to identify personal triggers for mindless eating, such as emotions, social pressures, or certain foods;
- Each week we'll practice with specially designed in-class exercises for a direct experience of mindful eating.

*Dalen, J., Smith, B. W., Shelley, B. M., Sloan, A. L., Leahigh, L., & Begay, D. (2010). Pilot study: Mindful eating and living (MEAL): Weight, eating behavior, and psychological outcomes associated with a mindfulness-based intervention for people with obesity. *Complementary Therapies in Medicine*, 18(6), 260–264.

*Kristeller, J., Wolever, R. Q., & Sheets, V. (2014). Mindfulness-based eating awareness training (MB-EAT) for binge eating: A randomized clinical trial. *Mindfulness*, 5(3), 282–297.

*Not everyone may get these results. Your results may be different. Research shows that the average person may improve her quality of life.

For additional class information, contact us at info@amacf.org, or by phone at (616) 607-7360, or in person at the Absenger Cancer Education Foundation at 17212 Van Wagoner Road, Spring Lake, MI 49456

Transportation assistance is available to those who qualify!

2016 Schedule (6-Week MEAL Classes)

Only limited spaces are available for each class session. Please call or email to pre-register!

Aug 2 - Sep 6

Nov 1 - Dec 6

All sessions meet Tuesdays, 6:30 p.m - 8 p.m.

Classes are held at the
Absenger Cancer Education Foundation
17212 Van Wagoner Road
Spring Lake, MI 49456

Schedule is subject to change without notice.

The MEAL class is **FREE**

for Breast Cancer Survivors!

The \$240 per person *Mindful Eating and Living (MEAL)* program is made possible **FREE** of charge with a grant from Susan G. Komen Michigan. Funding programs that support those in the fight to save lives.

