Healthy You
Weight Management and Mindful Eating Program

Researchers from the department of Food Science and Human Nutrition at CSU are looking for qualified* adults between the ages of 18 and 80 to participate in a FREE 6 week program to learn healthy eating and mindfulness habits to last a lifetime!

You will be asked to follow the program as written, spending about two hours per week on your own over six weeks. The program will help you build healthy eating habits to aid you in managing your weight, whatever your goals may be. Participants will be asked to schedule thirty minute appointments before and after the program; all will receive a gift card as a thank you for completing the program.

Principal Investigator: Melissa Wdowik PhD, RDN
Study Coordinator: Caroline Kilpatrick

*To see if you qualify, please contact:
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