

Mindful Eating Webinar – Florida Blue

Make 2024 your healthiest year yet!

Florida Blue invites you to join a FREE live online chat session with Alejandra Boker a Registered Dietitian and Nutritionist from Sanitas Medical Center.

Don't miss this opportunity to talk to a Dietitian and learn:

- How to eat when you're hungry, and stop when you're satisfied
- How to taste food and enjoy the taste of healthy food
- How to manage emotional issues you have around food and eating
- How food affects your mood and energy throughout the day
- How to enjoy the eating experience more, and as a result enjoy life more
- What food best fuels your body and realize that unhealthy food does not make you feel very good

This online chat is FREE and you can easily join from your computer or mobile device.



Alejandra Boker, RD
Sanitas Medical Center

When: **May 15, 2024, from 12 p.m. to 1 p.m.**

Where: **Online Chat – Register now to get the link to join**

[**REGISTER NOW!**](#)



Sanitas Medical Center is a Florida Blue in-network provider that proudly serves the greater metropolitan areas of Miami, Broward, Palm Beach, Orlando, Tampa, Tallahassee, and Jacksonville.

For more information visit mysanitas.com/fl or call **1-844-299-4827** to become a patient.

Sanitas is an independent medical center, serving people insured by Florida Blue (or other Blue Cross Blue Shield plans) or self-paying for medical treatment.

Health insurance is offered by Florida Blue. HMO coverage is offered by Florida Blue HMO. These companies are Independent Licensees of the Blue Cross and Blue Shield Association.

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