

University Health Network Bariatric Program MINDFUL EATING GROUP



- The group is for pre and post-surgery patients enrolled in the Bariatric Program at the Toronto Western Hospital. For post-surgery patients, it is best if you are at least 6 months post.
- The group uses the Mindfulness-Based Eating Awareness Training (MB-EAT) program and is scheduled over 9 weekly sessions.
- Each session is 2 hours long and each group has 10-15 members who continue together for the duration of the program.
- The group involves learning and practicing mindfulness skills. These skills help you become aware of your triggers for unhealthy eating habits and how to avoid acting on them.
- Most sessions involve practicing mindful eating with small portions of food. The group leaders will let you know in advance what food to have available.
- Each session includes homework review, new learning, practice, and discussion. Please ensure you are in a quiet space where you will not be disturbed so that you can participate fully. It is best to join the group on a computer rather than a phone.
- The group is held online by video conference. You will be emailed the link to join before each session.
- You will receive copies of the slides, mindfulness audio recordings, readings and worksheets by email.

For more information or to be added to the waiting list, please contact:

Dr. Susan Wnuk at susan.wnuk@uhn.ca

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