

USC Verdugo Hills Hospital presents:

# Mindful Eating Series

## New Year, New You



This 10-week lecture series is designed to help you start 2020 right by reinforcing the connection between your health and your food.

**Please join us every Thursday morning from 10 - 11 am.**

### LOCATION

USC Verdugo Hills Hospital  
1812 Verdugo Blvd.  
Glendale, CA 91208

*Check in at front desk for location each week.*

### SCHEDULE

January 16: Nutrition 101

January 23: Defend Your Health

January 30: Jump Start Your Day with Breakfast

February 6: Food Labels

February 13: Heart Healthy Foods

February 20: Hydration

February 27: Protein and Aging

March 5: Dining Out Made Simple

March 12: Mindful Eating

March 19: Grocery Store Tour

### REGISTRATION

Call (818) 952-2228 or visit [uscvhh.org/mindful-eating](http://uscvhh.org/mindful-eating) to register.

# USC Verdugo Hills Hospital

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