

Mindful Eating Day ~ January 28, 2016 ~ Social Media Tool Kit

The Center for Mindful Eating is pleased to announce the first Mindful Eating Day on January 28, 2016. This international day is designed to celebrate the joy of eating. The Center for Mindful Eating (TCME) appreciates the efforts of our members and supporters to help spread the word about this day. Registration is free and open to anyone wishing to learn more about apply mindfulness to their relationship with food and eating.

Prominent mindful eating professionals, teachers and practitioners around the world have created original educational videos to illustrate ways to teach and learn about mindful eating. We will offer a stream of these programs throughout the day punctuated with a live webinar at 3 pm EST featuring interviews, led practices, and more.



Registration is free! The easiest way to help us promote this event is to invite your friends, colleagues, patients, family and anyone you think might be interested in celebrating the joy of eating while learning more about the principles and practices of mindful eating to apply it in their lives, both professionally and personally. Copy this text, or write your own, sharing the link provided to register for free:

Have you heard about the first ever International Mindful Eating Day? Join The Center for Mindful Eating on January 28th to celebrate the joy of eating! Meet mindful eating professionals, teachers and practitioners from around the world as they share original educational videos throughout the day punctuated with a live webinar at 3 pm EST featuring interviews, led practices, and more. Registration is free, and all are welcome to join:

<http://thecenterformindfuleating.org/Mindful-Eating-Day>



Special Facebook Group! Everyone who registers is invited to join a special Facebook group created just for this event. Megrette Fletcher, current president and co-founder of The Center for Mindful Eating, and Fiona Sutherland, Body Positive Australia, have co-created a 31-day journey of mindful eating designed to educate, inspire, and enlighten. This path features a daily MEME (which stands for Mindful Eating, Mindfulness Exercise) and opportunities to discuss, share links and interact with each other. If you don't use Facebook, not to worry, everyone who registers will get a weekly email featuring the daily MEME.

Blog Post by Fiona Sutherland: <http://thecenterformindfuleating.org/Mindful-Eating-Blog/3723731>

Connect with us on Twitter @MindfulTCME and Facebook www.facebook.com/TCME.Mindful.Eating to share posts, comment, cross promote, and more.

Sample social media posts:

FREE Registration now open! @MindfulTCME invites you to join people around the world to celebrate the joy of eating! <http://ow.ly/UYpkp>

Mindful Eating Day 2016. Celebrate the joy of eating through connection, sharing & learning with @MindfulTCME <http://ow.ly/UYp9A>

Did you ever imagine we could have people eating mindfully, at the same time, all over the world? @MindfulTCME <http://ow.ly/WVXjo>

Click to download one or more of the images below to share with your social media posts.

Thank you for your help promoting Mindful Eating Day! We look forward to seeing you soon!



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“Celebrating the Joy of Eating”

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