



2022 Schedule

MINDFUL EATING CERTIFICATE

MONTH	CONTENT	DATE
March	Mindfulness & Meditation 1.0 Lynn Rossy Ph.D.	Orientation: 03/09/22 12:00 PM ET Q&A: 03/23/22 12:00 PM ET
April	Mindful Eating Introduction & Research Dana Notte, MS, RD, CD (Q&A with Lynn Rossy, Ph.D.)	Q&A: 04/27/22 12:00 PM ET
May	Weight Inclusivity & Body Acceptance Kimmie Singh, MS, RD	Q&A: 05/25/22 12:00 PM ET
June	Teaching Mindful Eating in Practice Vincci Tsui, RD	Q&A: 06/22/22 12:00 PM ET
July	Mindful Eating & Self Compassion Haica Rosenfeld, PsyD, CEDS	Practice Session: 07/13/22 12:00 PM ET Q&A: 07/27/22 12:00 PM ET
August	Mindful Eating & Disordered Eating Alexis Conason, PsyD	Q&A: 08/24/22 12:00 PM ET
September	Meditation 2.0 Jenna Hollenstein	Q&A: 09/28/22 12:00 PM ET
October	Chronic Health Conditions Megrette Fletcher, MEd, RD, CD	Practice Session: 10/12/22 12:00 PM ET Q&A: 10/26/22 12:00 PM ET
November	Practical Recommendations- Part I Linn Thornstenson, Dip NT, mNTOI	Q&A with Practice Session: 11/09/22 1:00 PM ET
December	Practical Recommendations- Part II Sharon Suh, Ph.D.	Q&A: 12/07/22 12:00 PM ET

