



2023 Schedule

MINDFUL EATING CERTIFICATE

MONTH	CONTENT	DATE
March	Mindfulness & Meditation 1.0 Lynn Rossy Ph.D.	Orientation: 03/08/23 12:00 PM ET Q&A: 03/22/23 12:00 PM ET
April	Mindful Eating Introduction & Research Dana Notte, MS, RD, CD (Q&A with Lynn Rossy, Ph.D.)	Retreat: 04/23/23 11 AM- 2 PM ET Q&A: 04/26/23 12:00 PM ET
May	Weight Inclusivity & Body Acceptance Kimmie Singh, MS, RD	Q&A: 05/24/23 12:00 PM ET
June	Teaching Mindful Eating in Practice Vincci Tsui, RD	Q&A: 06/28/23 12:00 PM ET
July	Mindful Eating & Self Compassion Haica Rosenfeld, PsyD, CEDS	Practice Session: 07/12/23 12:00 PM ET Q&A: 07/26/23 12:00 PM ET
August	Mindful Eating & Disordered Eating Alexis Conason, PsyD	Q&A: 08/23/23 12:00 PM ET
September	Meditation 2.0 Jenna Hollenstein	Q&A: 09/27/23 12:00 PM ET
October	Chronic Health Conditions Megrette Fletcher, MEd, RD, CD	Practice Session: 10/11/23 12:00 PM ET Q&A: 10/25/23 12:00 PM ET
November	Practical Recommendations- Part I Linn Thornstenson, Dip NT, mNTOI	Q&A with Practice Session: 11/08/23 12:00 - 1:30 PM ET (90 minutes)
December	Practical Recommendations- Part II Sharon Suh, Ph.D.	Q&A: 12/06/23 12:00 PM ET Retreat: To Be Announced

