The Chronic Pain & Fatigue Research Center’s Health Equity Core presents:

**Mindfulness & Healthy Eating**

**Wednesdays 12-1 PM**
May 17-June 7th: Detroit Location
May 24-June 7th: Ann Arbor Location (In-Person)

**Fridays 1-2 PM**
June 2-23, 2023
Zoom (Link to follow)

Hear from doctors and learn about how mindfulness can help with:

- Eating better
- Feeling more fulfilled
- Reducing chronic pain

Space is limited, register via [https://tinyurl.com/Register-HEC](https://tinyurl.com/Register-HEC)