



# munch

**Join us on zoom for a mindful lunch date**

Ever wondered what being mindful means?

Let's talk about what mindfulness is and then give mindful eating a shot!

BYO lunch of your choice - a sandwich, roll, cooked meal, whatever takes your fancy.

**Monday 21 September 2020  
12:00PM**

to register email  
[caity.cox@headspaceknox.com.au](mailto:caity.cox@headspaceknox.com.au) or give us a call  
on 9801 6088