

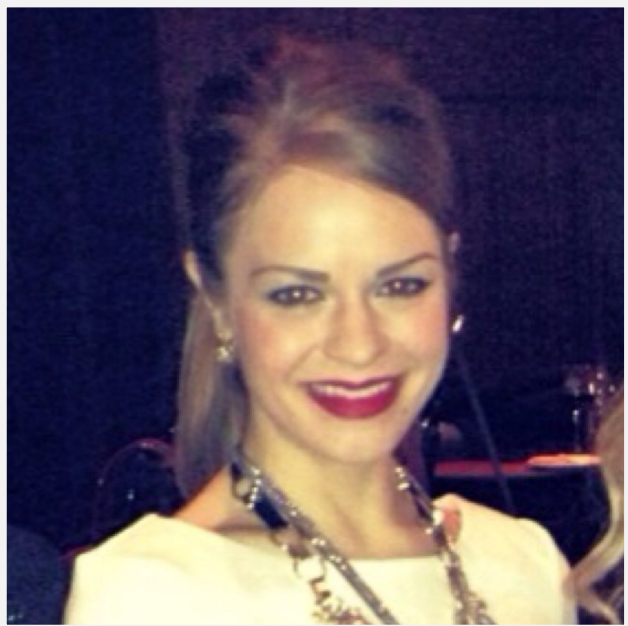


# Vandy Cooks

## “Desserts Topped Off with Mindful Eating”

**Friday, September 18th 12 pm - 1 pm**

at the Vanderbilt Recreation and  
Wellness Center Demonstration Kitchen



Join Kayla Little, RD, LD, cPT as she talks about mindful eating and prepares healthy dessert recipes perfect for savoring. Taking the time to enjoy the eating experience or ‘mindful eating’ allows you to be more aware of what and how much you are eating.

This event is free to attend. Registration is not required.

**Receive samples and recipes.**

Contact Marilyn Holmes at [Marilyn.c.holmes@vanderbilt.edu](mailto:Marilyn.c.holmes@vanderbilt.edu) or 615-343-2638 for questions or other information about this program.

*Sponsored by: Vanderbilt Recreation & Wellness Center and Health Plus*