This month’s newsletter focuses on resources related to healthy eating and nutrition.

1. **Resources available:**
   - Healthy Eating for a Healthy Weight
   - 14 Keys to a Healthy Diet
   - Mayo Clinic Diet
   - 5 Key Habits of Healthy Eaters
   - KUMC Counseling & Educational Support Services

   Psychological services are offered within a confidential atmosphere of safety and respect to assist individuals in addressing emotional and interpersonal issues that may be affecting their well-being.

2. **Intuitive Eating:**
   - Quick Guide to Intuitive Eating
   - Intuitive eating Workbook

3. **Ted Talk(s) of the month:**

   [Mindful Eating with Mayo | Karen Mayo | TEDxWilmington](https://www.ted.com/talks/karen_mayo_mindful_eating?language=en)

Karen Mayo, the author of Amazon best seller, "Mindful Eating" has guided numerous people to losing inches, pounds and medications through better eating habits. She is board certified Integrative Nutrition health and lifestyle coach, licensed personal trainer, and a member of American Association of Drugless Practitioners. As a natural whole foods chef Karen fulfills her passion of partnering with people who are committed to improving their health and lifestyle of their families.