



Community is Stronger than Cancer®

## VIRTUAL WORKSHOP

# Mindful Nourishment & Emotional Self-Care

With Petra Beumer



**Date:** Monday, March 7, 2022

**Time:** 12:00 PM - 1:00 PM

**Location:** Online (Zoom)

**Cost:** No Cost

**RSVP:** [www.cancersupportvvsb.org](http://www.cancersupportvvsb.org)  
[programs@cancersupportvvsb.org](mailto:programs@cancersupportvvsb.org)  
or calling 805.379.4777

Petra Beumer will be addressing the need for healthy self-care rituals when dealing with stressful and challenging times. She will present strategies for enhancing our emotional and physical well-being and address the human tendency to use food (or drink) as mood regulators. Petra will introduce valuable self-compassion tools, designed to fill our inner self-love reservoir, and guide us through a mindful self-compassion exercise.

### ABOUT OUR PRESENTER

Petra Beumer is the founder of the Mindful Eating Institute in Santa Barbara. She has a master's degree in behavioral psychology and has helped thousands of clients make positive lifestyle changes. Petra has dedicated herself to empowering clients in taking better care of themselves, both physically and emotionally. Petra's specialty areas are weight management, emotional eating and self-care, and in her work, she combines cognitive-behavioral therapy with mindfulness strategies. Her "prescription" for wellness is: To love yourself deeply, to honor your boundaries, to stand in your own light, and to be YOU, unapologetically. The goal is to set an intention for finding inner peace and treating yourself with love and self-compassion. Petra is very passionate about teaching a daily practice of self-nurturing and not using food as a mood regulator. Her focus is on creating new healthy rituals that are sustainable in everyday life. [www.mindfuleatinginstitute.net](http://www.mindfuleatinginstitute.net)