

Mindful Eating: Mindfulness Based-Eating Awareness Training (MB-EAT) Spring 2026 Group Class Information



The MB-EAT program is a structured, evidence-based approach to cultivating mindful eating practices. The group meets for 2 hours weekly over 10 consecutive weeks, followed by two monthly follow-up sessions to reinforce learning and support continued growth.

Classes will be take place at

UH Landerbrook Health Center
5850 Landerbrook Drive, Suite 110
Mayfield Heights, Ohio 44124

Mondays beginning March 2, 2026

2:00 – 4:00 p.m.

- March 2, 2026
- March 9, 2026
- March 16, 2026
- March 23, 2026
- March 30, 2026
- April 6, 2026
- April 13, 2026
- April 20, 2026
- April 27, 2026
- May 4, 2026
- June 1, 2026
- June 29, 2026

Referral Requirements

To register, an active Nutrition referral is required. This ensures continuity of care between your provider and the MB-EAT program.

- You may request a referral by contacting your Primary Care Provider (PCP).
- If submitting a referral from outside the UH system, faxes may be sent to 216-201-7013.
- Please encourage your provider to include a note referencing “Mindful Eating Group Class” or “MB-EAT” in the referral.

Registration & Contact Information

To register or inquire further:

- Submit the intake form, and a team member will contact you within 48–72 hours
- Or email us at mindfuleating@UHhospitals.org