

Food Think[®]

● A COGNITIVE PLAN FOR HEALTHY EATING & WEIGHT MANAGEMENT

A 6-WEEK PROGRAM FOR WOMEN

TUESDAYS 6:30-8 PM

FEBRUARY 3 – MARCH 10, 2009

IN THIS 6-WEEK WORKSHOP YOU WILL:

- Learn a set of research-proven cognitive-behavioral tools, specially targeted to healthy eating & weight management
- See demonstrations of techniques & get hands-on practice
- Learn to expect and disarm your negative triggers
- Prepare for food challenges with tailored coping strategies
- Commit to realistic goals & make lasting changes

PRESENTED BY DEBORAH MELAMED, PH.D., ACT

Clinical Psychologist, Certified Cognitive Therapist,
Adjunct Faculty at Yeshiva University

FEE \$395

LOCATION 16 West 23 Street, 4th floor

WORKSHOP SIZE Maximum 8 participants

NEXT STEP Call for a brief, no-fee phone consultation

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