

Food Think[®]

● A COGNITIVE PLAN FOR HEALTHY EATING & WEIGHT MANAGEMENT

NEW GROUP FORMING
SPRING 2010

IN THIS 6-WEEK WORKSHOP YOU WILL:

- Learn my FoodThink system, based on cognitive-behavioral tools, to power up your weight-loss plan & change your eating habits for good!
- 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

NEXT FOODTHINK WORKSHOP FOR WOMEN STARTS SPRING 2010

Call for a brief, no-fee phone consultation

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