

Do you want to stop emotional eating and mindless eating?

In this workshop, you will learn tips and techniques to boost your EATQ:

- Staying one step ahead of your hunger to avoid becoming irritable, make poor decisions or snap at your loved ones
- Stop emotional eating
- Choose healthy foods
- Stop overeating

Eating Mindfully

551 N. Hillcrest
Wooster, Ohio 44691

Recipient Name
Street Address
City, ST ZIP Code

PLACE
STAMP
HERE

EATQ

Workshop:
Learn to Eat Intelligently
By Dr. Susan Albers





Dr. Susan Albers

Dr. Susan Albers, Psy.D., a clinical psychologist at the Cleveland Clinic who specializes in eating issues, weight loss, body image concerns, and mindfulness. After obtaining a masters and doctorate degree from the University of Denver, Dr. Albers completed an APA internship at the University of Notre Dame in South Bend, Indiana and a post-doctoral fellowship at Stanford University in California. Dr. Albers conducts mindful eating workshops across the country.

Dr. Susan is the author of six mindful eating books including *EatQ*; *50 Ways to Soothe Yourself Without Food*; *Eating Mindfully*; *Eat, Drink, and Be Mindful* and *Mindful Eating 101*. Her work has been featured in *O*, the *Oprah Magazine*, *Family Circle*, *Shape*, *Prevention Magazine*, *Self*, *Health*, *Fitness Magazine*, *Vanity Fair*, *Natural Health*, the *Wall Street Journal* and was on *Dr. Oz*. Susan is a contributor to the *Huffington Post* and *Psychology Today*.

Workshop

In this workshop, Dr. Albers will teach you:

EatQ that she developing in her work as a psychologist and author.

**It's time to
take care of
YOU!!**



“This four hour workshop will change your life! I stopped struggling with food and was finally at peace with my body.”—Kara

What is your EATQ?

-Complete an EatQ assessment

It's not a diet, there are no menus or recipes. It's learning *how* vs. *what* to eat.

Contact Us

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