## 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



Recipient Name Street Address City, ST ZIP Code

Eating Mindfully

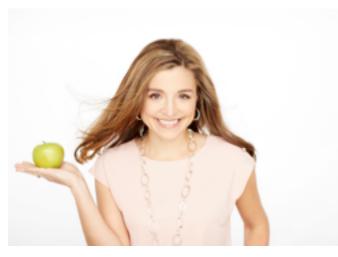
551 N. Hillcrest Wooster, Ohio 44691

## 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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