

# Learn the art of eating mindfully

Workshop for:

- Women's Groups
- Organizations
- Libraries
- College Campuses

Based on, *Eating Mindfully*, the work renowned book by Dr. Susan Albers, PsyD.

## Eat, Drink & Be Mindful



**Eating Mindfully**

551 N. Hillcrest  
Wooster, Ohio 44691

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STAMP  
HERE

Recipient Name  
Street Address  
City, ST ZIP Code



#DRSUSANALBERS

[www.eatingmindfully.com](http://www.eatingmindfully.com)

## Dr. Susan Albers

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Dr. Susan Albers is a clinical psychologist at the Cleveland Clinic and the author of five books on mindful eating. She graduated from the University of Denver, completed her internship at the University of Notre Dame and a post-doctoral fellowship at Stanford University. She is frequently a keynote speaker for women's groups, organizations and regional dietitian conferences. Dr. Albers was recently awarded the college alumni scholar award at the University of Denver. She is also a contributor to the Huffington Post and Psychology Today. Dr. Albers is frequently quoted in the media such as the Wall Street Journal, NPR, and the Dr. Oz Show.

## What to Include?

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- 1-3 hour workshop tailored to the needs of your company.
- Customized handouts
- Weight loss, healthy eating, body image tips, nutrition information.
- Interactive Exercises
- Based on the Eat, Drink & Be Mindful Workbook.

## Change Your Relationship to Food

Anger, sadness, stress, anxiety all impact the quality of your decision making skills. This workshop will teach the relationship between emotions and how you think around food.

*"Learn how to stop making DWE—  
decisions while emotional"*

Respond to your emotions in an emotionally intelligent way.

### Cost:

Call to consult about the fee for this workshop



### Past Workshops:

- Regional Dietetic Conferences (Florida, Idaho, Indiana)
- Cleveland Clinic
- Universities (University of Alaska, Smith College, College of Wooster)



## Contact Us

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