

An Evening with Dr. Susan Albers Author of *Eating Mindfully*

Eating Mindfully, Dr. Albers presents techniques for anyone who has struggled with chronic dieting, weight control, and psychological stress due to mindless eating. *Eating Mindfully* is about learning to develop a nonjudgmental awareness and acceptance of your self, weight and eating habits.

Dr. Susan Albers is a psychologist at the Cleveland Clinic Women's Health Center who specializes in relationship and weight issues.

Monday, October 17

7:00 pm

Granite State Room, MUB

Presentation followed by book sale & signing

Sponsored by the Office of Health Education & Promotion, UNH Health Services as part of *Love Your Body, Love Yourself*. For more information, 862.3823 or www.unh.edu/health-services

susan albers, psy.d.



eating mindfully

how to end mindless eating &
enjoy a balanced relationship with food