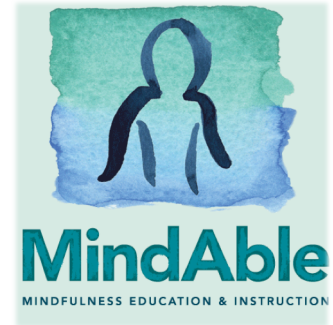




Do you eat when you are stressed out, bored or sad?
Have you tried to lose weight only to regain it back?



If you are looking for a new path on your journey to a healthy and balanced approach to food and eating, this program is for you. The combination of **24-hour app support, daily mindfulness practices and group sessions** offers a comprehensive approach to helping you transform your relationship with food.



For a **free trial of the app**, go to www.goatrightnow.com.

For more information:

www.MindAblellc.com
Kelly@mindablellc.com

Group facilitator, Kelly Trowbridge, Ph.D., is a clinical social worker and Mindfulness-Based Stress Reduction teacher.

6:30 – 7:30 PM, Monday evenings
Starts January 9, 2017
held at
A Greater You
10514 W. 103rd St. Overland Park

\$20 app/mo – get it now!
4 Group Sessions for \$50 – use any time!

App-based training:

Delivers 30+ short videos that build your skills one moment at a time. Take 10 minutes each day to learn a new lesson, and practice throughout the day in manageable, bite-sized pieces.

Group-based support: Research demonstrates group-based support helps change habits. Each session provides hands on mindfulness practices, as well as expert and peer support.

Eat Right Now was developed by Judson Brewer, M.D., Ph.D. Dr. Brewer is the Director of Research at the Center for Mindfulness and associate professor in medicine and psychiatry at UMass Medical School. He has published numerous peer-reviewed articles and been featured at TED, TEDMED, TEDx, Time magazine, Forbes, Businessweek, NPR and the BBC among others. He writes a blog for The Huffington Post.