



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 more information:

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Group facilitator,  
Jennifer Mandato, OTD, MEd, OTR/L  
Occupational Therapist  
Qualified Mindfulness-Based Stress Reduction  
teacher  
Certified Mindfulness in Schools (.b) teacher  
Certified Yoga Teacher

6:30 – 7:30PM, Thursday evenings

Starts May 4, 2017

held at

Guilderland Parks & Recreation  
Office, 181 Rt. 146

(Across from Towasentha Park)

Material Fee

\$25 download the Eat Right Now App  
4 Group Sessions for \$40

### 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.