BE MENTALLY WELL SYMPOSIUM
Sponsored by the UMass Department of Psychiatry and the Food Addiction Institute

Trouble with Food?
Sorting it Out with a Focus on Recovery!
A Symposium for Anyone Struggling with Food Issues, Their Family Members and the Professionals That Work with Them Directly

Saturday, October 17, 2015
University of Massachusetts Medical School, Faculty Conference Room
55 Lake Avenue North, Worcester, MA 01655

Registration 8 a.m.
8:30 a.m. to 5:00 p.m.

Presentations are designed to help you:
• Sort out the difference between normal eating, emotional eating, food addiction, or some combination of these.
• Describe the key aspects of recovery.
• Identify ways of shaping a food plan to best meet your own individual needs.
• Explain what one needs to do in order to stay on the path to recovery and prevent relapse.
• Articulate the spiritual dimensions of recovery work, regardless of one’s own particular beliefs.

Presenters:
• Phil Werdell, MA- Director, Food Addiction Professional Training Program, FAI/ACORN
• Marty Lerner, PhD- CEO, Milestones in Recovery, Inc.
• Theresa Wright, MS, RD, LDN- Nutrition Therapist, Renaissance Nutrition Center
• Rhona Epstein, PsyD, CAC- Psychologist, Life Counseling Services

Note: There will be an open 12-Step Meeting from 7:15 am to 8:15 am

Symposium Registration Fee: $50
For more information visit http://www.umassmed.edu/Psychiatry/Food-Addiction-Conference