

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>