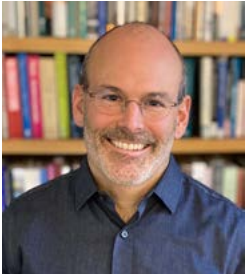


# The Hunger Habit

A neuroscience-based approach to healthier eating.

Join us for a series of virtual workshops and seminars.

Seminars featuring New York Times best-selling author Jud Brewer, M.D.



Have you or someone you know ever struggled with making healthy food choices? Then you know it's not just about the food itself. Dieting or restrictive eating can create a disconnect between what the brain says it wants, and what the body needs.

Dr. Jud Brewer has spent over two decades training people to ditch unhelpful habits and make healthier choices. Using examples from his work with patients and research from his lab at Brown University, Dr. Brewer will describe a practical, relatable process that does not depend on willpower or calorie-counting, but instead uses the brain's built-in processes to enable lasting habit change.

For healthcare professionals

Tuesday, March 5, 12:00 p.m. – 1:00 p.m.

Continuing education units are available for physicians, nurses, pharmacists, social workers, and dieticians.\*

For everyone

Tuesday, March 19, 12:00 p.m. – 1:00 p.m.

Hungry for more? Learn how to apply The Hunger Habit concepts.

Workshops featuring master mindfulness instructor Kell Julliard.



In these four sessions, Kell Julliard will break down the lessons of **The Hunger Habit** into practical steps. Learn to identify eating habits that are no longer helpful, and trade them in for habits that support well-being in all areas of your life.

- Wednesday, April 3, 6:30 p.m. – 7:15 p.m.
- Wednesday, April 10, 6:30 p.m. – 7:15 p.m.
- Wednesday, April 17, 6:30 p.m. – 7:15 p.m.
- Wednesday, April 24, 6:30 p.m. – 7:15 p.m.

For more information and to register visit [www.point32health.org/the-hunger-habit](http://www.point32health.org/the-hunger-habit)

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## About the featured guests

**Jud Brewer, MD, Ph.D. (“Dr. Jud”)** is a New York Times best-selling author and thought leader in the field of habit change and the “science of self-mastery.” Dr. Jud has developed neuroscience-based treatments for anxiety, emotional eating, and smoking; and trained US Olympic athletes and coaches, foreign government ministers and corporate leaders. His work has been featured on 60 Minutes, TED, The New York Times, The Wall Street Journal, The Today Show, TIME, The Washington Post, Forbes, CNN, BBC, NPR, and more.

**Kell Julliard, MA**, has a clinical background as a psychotherapist in the chemical dependency field and has published several peer-reviewed papers on the impact of mindfulness training on health professionals. He has taught mindfulness skills to health professionals and the general public in a variety of settings for 15 years.

\*In support of improving patient care, this activity has been planned and implemented by Boston University Chobanian & Avedisian School of Medicine and Point32Health. Boston University Chobanian & Avedisian School of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Boston University Chobanian & Avedisian School of Medicine designates this live activity for a maximum of *1 AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nursing Contact Hours:** 1 of which 0 are eligible for pharmacology credit.

**Pharmacists:** This activity is approved for 1 CPE credit(s).

**Social Work:** As a Jointly Accredited Organization, Boston University Chobanian & Avedisian School of Medicine is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1 clinical continuing education credits.

**Registered Dieticians:** Completion of this RD profession-specific activity awards 1 CPEU(s).

At the end of this activity, the participant will be able to:

- Describe how different types of eating habits are formed and perpetuated.
- Explain how reinforcement learning works in the brain.
- Discuss how mindfulness approaches can help change eating habit patterns.



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