

READY TO
MAKE A
CHANGE?

Do you have difficulty...?

- losing weight
- maintaining weight loss
- resisting cravings
- making time for regular exercise
- avoiding emotional eating
- staying motivated
- maintaining healthy choices

Would you like to...?

- Change thinking patterns
- Cope with emotions without using food
- Change behavior patterns
- Achieve long-term weight loss success

Participants will learn a variety of skills and strategies including:

- Mindfulness skills versus mindless eating
- Behavior change and planning
- Changing thought patterns to deal with motivation and sabotaging thoughts
- Self-monitoring relaxation skills
- Problem solving skills
- Coping with challenges and special situations
- Maintaining skills



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Take It Off! Keep It Off!



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COGNITIVE – BEHAVIORAL
PROGRAM FOR
WEIGHT LOSS AND
WEIGHT MAINTENANCE

