



About Jessica:

Jessica Charbonneau is a licensed clinical social worker. She graduated from *Syracuse University* with a master's degree in social work. For the past 10 years she has worked in a variety of capacities as a member of *University Hospital's* social work department. She has provided crisis counseling in the emergency department, assisted individuals and families on the adult inpatient psychiatric unit and taught stress management and self-care techniques to new hospital employees. Jessica has a private practice located in Skaneateles, NY where she combines cognitive behavioral therapy and mindfulness training in order to assist both children and adults. She is presently working with the *Fingerlakes Weight Loss Program* at *Auburn Memorial Hospital*, specifically assisting individuals to identify mindful eating solutions to their struggles with weight loss. Jessica also facilitates a support group for the weight loss clinic that emphasizes mindfulness techniques as a way to minimize emotional eating. She has taught mindful eating for more than two years and is also an adjunct faculty member at *Syracuse University's School of Social Work*.

About Terry:

Terry Podolak, RD, is a registered dietitian at *University Hospital* in Syracuse, NY. Ms. Podolak also teaches the *Mindful Eating Program* there. Her experience includes the treatment of obesity and its complications. Ms. Podolak is respected by her colleagues and her clients not only as a knowledgeable clinician, but also as a caring, supportive and empathetic counselor.

Do you think that you engage in mindless eating?

Would you describe yourself as a chronic dieter, chaotic eater or someone who habitually overeats?

Do you want to live the fullest life possible?

If so, it's time to break the cycle! The Center is offering an eight week program to give you the tools you need!

This group will help you believe that there is something inside you worth nurturing and protecting!

"MINDFUL EATING"

**Co-facilitated by: Jessica Charbonneau, LCSW
and Terry Podolak, RD**

Join us for eight 90 minute interactive skill based groups, that offer specific exercises designed to teach mindful eating behaviors. **Mindful eating is a non-diet approach to weight control.** It is a way of thinking and being in the world that is centuries old, and has been adopted from ancient practices.

Thursday Evenings, 6:00pm - 7:30pm

Cost: 8 weeks / \$80.00

This is an open group, participants may join at any time for a prorated fee or drop in for \$12.00 a session.

***Private sessions available, please inquire.**

**Contact The Center 1 Hoffman St. Auburn NY 315-704-0319
Or register on line at www.TheCenter4Wellness.com**