

The Hunger Within Workshop



MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN



What is the Hunger Within Workshop?

This workshop helps participants explore the mental and emotional barriers to permanent weight loss. It is a 12 week, step-by-step program which examines the psychological forces that drive compulsive eating, identifies the triggers that cause a binge, and helps break the vicious cycle of emotional eating.

Where can I find more information?

For more information, call (734) 763-9259 or visit the Hunger Within Workshop website: <http://www.thehungerwithin.com/workshops.html>

