

Dr. Connie Stapleton is offering **EAT IT UP! THE WORKSHOP!** For Weight-Loss Surgery Patients

Dr. Connie Stapleton, Ph.D., author of *Eat It Up! The Mind/Body/Spirit Guide to a Full Life After Weight Loss Surgery* is excited about the opportunity to present an ***Eat It Up! Weekend Workshop*** in your area! The ***Eat It Up! Weekend Workshop*** is for weight loss surgery patients who are ready to look into their hearts and work on emotional issues that may be interfering with their ability to keep weight off. The ***Eat It Up! Weekend Workshop*** is also a time for WLS patients to learn specific tools aimed to assist them in living a healthy, balanced life after surgery.

How will participants benefit from Eat It Up! The Workshop!? *Participants will:*

- gain a better understanding of the underlying issues related to obesity. (self-esteem, family of origin issues, abuse, dysfunction, bullying, etc.)
- understand how obesity was a “friend” to you.
- identify the automatic negative thoughts that sabotage weight loss and keeping it off.
- discover the ways obesity has negatively affected all areas of life, or “Centers of Balance.”
- discover ways to find and maintain balance in all Centers of Balance, helping to make sustaining a healthy weight just another part of daily life.

Dr. Stapleton would like you to help organize a remarkable one or two-day time of personal growth for the WLS patients in your area with a volunteer coordinator (support group leader, energetic WLS patient with great leadership skills) who will 1) secure a meeting room large enough to accommodate all of the people who would like to attend and 2) organize registration and event details with Dr. Stapleton and her staff.

What is the cost for the Workshop? That depends! Dr. Stapleton offers a very full one-day workshop or a two-day workshop. The cost per person is based, in part, on whether there is financial assistance provided by a bariatric center, support group, or sponsor(s). Steve Little, the CFO of Mind/Body Health Services, Dr. Stapleton’s business, will help you with any questions about options and logistics.

For further details or to schedule your ***Eat It Up! Weekend Workshop*** with Dr. Stapleton, please contact Steve via email at info@mindbodyhealthservices.com or call him at 706-910-5765. Watch Dr. Stapleton on You Tube or at www.mindbodyhealthservices.com and www.eatitupbook.com! Sign up for free *Tips to Keep It Off* at info@mindbodyhealthservices.com.