

Tuesday, April 2, 6:30PM



Approximately 95% of diets fail--so why try another one? This course will explore the many reasons that diets (NOT dieters!) fail and how to approach weight loss and maintenance without dieting.

Dr. Kimberly Daniels is a psychologist who has been working with clients struggling with overeating for over 17 years. She has a practice in Hartford where she works with binge eating, emotional eating, and weight loss surgery clients.

# OVEREATING / EMOTIONAL EATING

Noah Webster Library  
20 South Main Street  
West Hartford, CT

**West Hartford Libraries**

Reserve seating at  
860-561-6990 or [westhartfordlibrary.org](http://westhartfordlibrary.org)