

Tuesday, February 12, 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

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