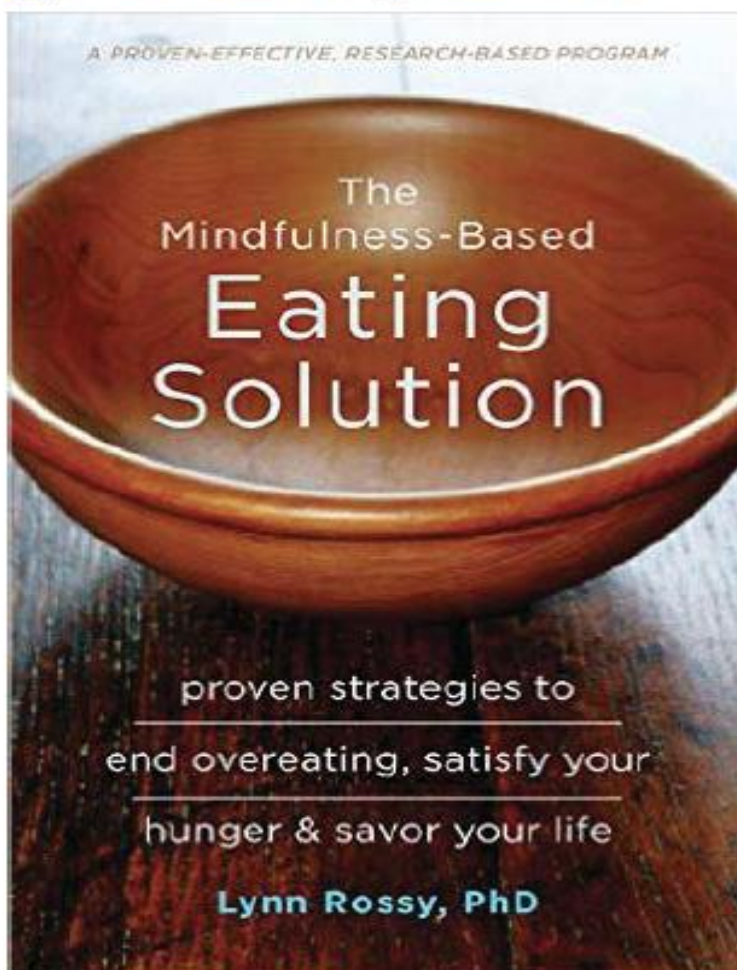


**Proven Strategies to end overeating,
satisfy your hunger & savor your life**



LYNN ROSSY, PHD, is a licensed clinical psychologist. She developed Eat for Life, a mindfulness-based intuitive eating program that successfully helps body image, and enhance weight loss. She is on the board of directors of The Center for Mindful Eating. "The Mindfulness-Based Eating Solution" was in the top ten list of mindfulness based books in 2016 by Mindful Magazine.



Meet the Author

Lynn Rossy, PHD

Saturday, April 1st - 1pm



Making It Possible.

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