

Evening at Emory to Offer Appetite Awareness Training this Summer

For immediate release: ATLANTA—April 20— Linda Craighead, Ph.D. and Professor of Psychology at Emory will teach a new class called *Appetite Awareness Training for Weight Concerns* this summer for Evening at Emory. The class draws on Craighead's extensive work related to weight concerns.

Appetite Awareness Training is designed for people who want to lose weight or have lost weight but could not keep it off, and for people who are in the normal weight range but feel like it takes way too much effort to maintain that weight. It is also perfect for parents who wish to teach their children a more healthy approach to food.

Participants will learn to understand the biology of appetite and weight regulation so they can work with their body instead of fighting with it. Dr. Craighead describes this approach as “learning to eat from below the neck. You re-program yourself to recognize stomach cues so that you eat what makes your body feel good rather than eating something just because it tastes good or because you want it to make you feel better. With AAT, you can learn to enjoy what you eat and still feel good afterwards.”

This class does not require commitment to any particular diet; however, the AAT approach can be used in conjunction with specific food plans participants find useful. Participants are also encouraged to bring dinner to class each week to practice mindful eating, and are expected to complete appetite self-monitoring outside of class.

Classes will meet on Wednesdays from 6:30-8:30pm, beginning May 6th and ending June 24th. The \$245 tuition includes Craighead's book *The Appetite Awareness Workbook: How to Listen to Your Body and Overcome Bingeing, Overeating, & Obsession with Food* and a Self Monitoring Booklet.

For more information please visit: <http://cfl.emory.edu/eate/classes.cfm?cla=-1351526978&pt=3> or call 404-727-6000.

Evening at Emory is a program of the Emory University Center for Lifelong Learning committed to nurturing the timeless passion for lifelong learning through innovative, sophisticated personal enrichment classes for adults. Since 1951, the program has encouraged personal growth in an atmosphere that fosters creativity, discussion, and intellectual exploration.

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