

Highly Reactive Emotional Response Patterns and their Impact on Eating

Led by Ben Bronheim, MD

Saturday, March 9th from 11:00 am- 12:30 pm



- Do you find that your reactions to situations or even your own thoughts go from 0 to 60 in seconds?
- Do you often feel overwhelmed by your feelings?

Some people are highly reactive because their bodies are “pre-programmed” (or become programmed) to react to everyday “bumps in the road” as if they were major crises. Come learn about this pattern, how it may affect your eating and weight, and what to do about it.

Cost: Included as part of packages, or \$65 for others.

Please sign up at the front desk.

1020 19th Street, NW, Suite 450 • Washington, DC 20036

Phone: 202.223.3077 • Fax: 202.872.8142

www.nationalweight.org