



# Want to lose weight?

## YOU AREN'T ALONE.

### Community-based weight loss that works.

Diets don't always work. The short-term fix for what can be a lifelong problem. Eat Right Now isn't a diet. It's a new 28-day program that wants to help you to rewire your brain so you can develop new eating habits that will help lead to weight loss and help you to maintain your ideal weight, with less stress and effort.

### Benefits

- **Weekly expert calls:** Address your specific needs and questions on a weekly group video meeting led by program creator, Jud Brewer, MD, PhD
- **Exercises:** Curb binge eating and reset your relationship with food via simple and specific mindfulness exercises and techniques
- **Daily video lessons:** Learn why you overeat through short, daily videos
- **Journaling:** An online journal helps you collect, analyze and manage your progress
- **Community:** Connect with other users who are also on their weight loss journey

### How to get started:

