“Psychology of Behavior Change” Brown Bag

Please join the YourLife Nutrition Resource Group to learn about the “Psychology of Behavior Change”!

Changing a daily behavior like eating better, exercising regularly, or quitting smoking can be challenging. This seminar discusses the psychology behind behavior change and provides strategies to help replace unhealthy habits with healthier ones.

Following this seminar, you will be better able to:
- Understand the psychology of behavior change
- Identify incremental changes and strategies for goal setting
- Learn strategies for staying on track and dealing with “slips”

**Presenter:** Natalie Dubois, LCSW

**When:** Thursday, July 20, 12:00pm – 1:00pm

**Where:** Segal Visitors Center, 2nd Floor Conference Room, 1841 Sheridan Rd, Evanston

Contact Evelyn Cordero, Wellness Coordinator, Human Resources Benefits Division, at evelyn.cordero@northwestern.edu or 847-467-6246 with questions.