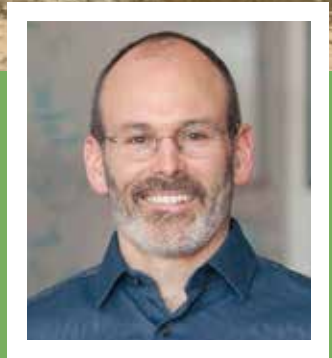




# HACK YOUR MIND FOR BETTER HEALTH

## JUDSON A. BREWER, MD, Ph.D.

DrJud.com was created by Dr. Jud Brewer (MD PhD) and the team at MindSciences, based on his work in the field of habit change and the “science of self-mastery”, combining over 20 years of experience with mindfulness training and a career in scientific research. He is passionate about understanding how our brains work, and how to use that knowledge to help people make deep, permanent change in their lives — with the goal of reducing suffering in the world at large. Dr. Jud is the Director of Research and Innovation at the Mindfulness Center and associate professor in psychiatry at the School of Medicine at Brown University, as well as a research affiliate at MIT. Before that, he held research and teaching positions at Yale University and the University of Massachusetts’ Center for Mindfulness.



Why are bad habits so hard to overcome? When and how does willpower fail? Is there a key to conquering the cravings we know are unhealthy for us? **Can we hack our brain’s learning circuitry to break bad habits, and cultivate behaviors and mind states that support our health and happiness?**

Join us for a unique experiential workshop on the science of habit change taught by Judson Brewer MD PhD, a leading psychiatrist and neuroscientist and mindfulness teacher.

### LEARNING OBJECTIVES:

- Physicians and primary care providers will learn practical steps and simple solutions to help patients address unhealthy habits such as smoking, overeating, and anxiety.
- Psychologists and psychotherapists will learn how to bring this evidenced-based model into sessions with clients seeking habit change.
- Nutritionists and life coaches will learn how the behavior change model can assist clients in following lifestyle and nutritional guidance for developing and sticking to new, healthy behavior patterns

Date: **June 9, 2020**

Location: St Paul University  
233 Main St.  
Ottawa, ON K1S 1C4

Time: 9:00 am - 4:00 pm

Cost: Early Bird  
(before May 13, 2020)  
\$225 + HST

Regular Admission  
\$249 + HST

Group and students rates available.  
Greater discounts for groups of 10 or more.  
Contact the team at MAGentix directly.

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