

BAND BUDDIES SUPPORT GROUP

for

BANDERS SUPPORTING BANDERS

September '13 edition

The all-new Band Buddies group has taken off: we have new members, a new facilitator (Jacques Rizk, psychologist at the Better Life Centre) and new topics to cover. In our August meeting, we covered a range of issues, including: expectations vs. reality of living with the band; slowing down the decision-making process; horses for courses; and the role of Mindfulness in managing cravings and urges.

Join us in September for a closer look at Mindfulness (including a gentle experiential exercise to further introduce the concept of Mindfulness), and a good opportunity to meet and support one another through the banding journey.

You are receiving this email because you have seen Santo, Jenne, or Nicole from Better Life Psychology. Please let us know if you no longer wish to receive these emails, or if there is a different email address you wish to be contacted on.

Everyone is welcome!

Next meeting: Tuesday 24th September 2013, 6:30pm to 8:00pm (based on group feedback, we will try alternating between Tuesdays and Wednesdays)

Cost: \$15

Where: Better Life Centre,
169 Kelvin Grove Rd,
Kelvin Grove

RSVP: admin@betterlife.com.au or phone 3353 5430



Jacques completed his PhD "*Profiling Obesity: Four Distinct Clinical Subtypes of High-BMI Australians*" in June 2013 and has been working as a psychologist for 3 years, and previously as a counsellor for 10 years. If you would like to learn more about Jacques, please check out information from his website:

<http://heartmatterspsychology.com/about/about-jacques/>

Looking forward to seeing you there!