About 95% of people who are on diets will gain back the weight in less than two years — and two-thirds end up even heavier than their pre-diet weight. Yet millions of people are still caught in the diet-binge cycle and some have Binge Eating Disorder.

Is there a real solution for those seeking a healthy and satisfying approach to eating that will build body confidence, while addressing the emotional aspects of overeating?

Judith Matz is a Licensed Clinical Social Worker with a psychotherapy practice and has successfully helped those with eating and weight issues for over 25 years. Judith is a sought after speaker, and her enthusiastic, life-changing presentations offer practical strategies. Judith’s books, The Diet Survivors Handbook; Beyond a Shadow of a Diet, and Amanda’s Big Dream are available on Amazon.

Wellness Programs, Professional Women’s/Men’s Associations, Health Care/Mental Health Community, Corporate Wellness Programs, University/College Campuses, Religious Organizations and Parent Organizations

Speaking Topics for Keynotes & Workshops:

- The Power of Mindful Eating: How to End Overeating and Develop a Satisfying Relationship with Food
- Discover Wellness Beyond Weight: Five Keys to Making Peace with Food and Your Body
- Fostering A Healthy Body Image: Changing the Conversation about Dieting, Food and Weight
- Eat Your Way To Success: How To Increase Your Productivity Through Informed, Empowered and Reconnected Eating

(Topics can be tailored per client’s need, fees negotiable)

What Others are Saying:

An excellent speaker! Judith kept the audience engaged about weight stigma, body image and food. Annie Buffington, RD, CSSD Michigan State University Health Promotion Department

HGNA gives our highest recommendation for groups of parents or kids in addressing this important topic. Ann Carlson Parent Education Coordinator, Helping Girls Navigate Adolescence

Participants left empowered with new skills to incorporate this approach and spread the message to colleagues and other health care professionals. Carol Clarke, MHSc, RD, Conference Co-chair, Dietitians of Canada’s Diabetes, Obesity and Cardiovascular Network