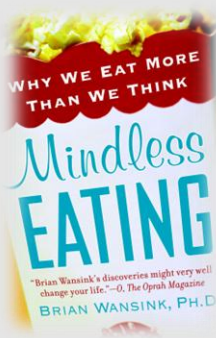


# A Mindless Eating Solution is Coming to Wichita!



**Date: Thursday, October 28, 2010**

**Time: 7:30 p.m. – 9:30 p.m.**

**Place: Wichita State University  
Hughes Metro Complex  
Lowe Auditorium, 29<sup>th</sup> Street & Oliver**

**FREE and  
OPEN to the  
PUBLIC**

**WICHITA PUBLIC SCHOOLS ANNOUNCES A COMMUNITY HEALTH & WELLNESS EVENT**

## Dr. Brian Wansink

FORMER DIRECTOR OF THE USDA CENTER FOR NUTRITION POLICY AND PROMOTION, AUTHOR OF THE BESTSELLING BOOK, *MINDLESS EATING*, DIRECTOR OF FOOD AND BRAND LAB AT CORNELL UNIVERSITY, WILL PRESENT:



**MINDLESS EATING**  
**WHAT IT IS, WHY YOU DO IT, AND**  
**HOW TO MAKE IT WORK FOR YOU**



**Weight Loss  
Without Dieting**

"Brian Wansink is a rare combination—  
an innovative scientist with a sense of humor  
and a very creative approach to the psychology of  
eating."

*Mike Huckabee, Governor of Arkansas*

"Brian Wansink is the Sherlock Holmes of food...  
discovering one reason after another how our  
food world drives us to eat."

*Kelly D. Brownell, Rudd Center for Food Policy  
and Obesity, Yale University*

"As a confirmed mindless eater ... I applaud Brian  
Wansink's new initiative, **The Mindless Method**.  
As one of their banners proclaims, "the best diet is  
the diet you don't know you're on."

*Laura Freberg, Ph.D., California Polytechnic  
State U.*

Come and see what  
all the **BUZZ** is about!



Please call USD 259 Employee Benefits at 316-973-4581  
or e-mail [employeebenefits@usd259.net](mailto:employeebenefits@usd259.net) for more information.

