Rewire your emotional brain for health and happiness.

Emotional Brain Training (EBT®) is a 6 week course and is available to all employees and spouses on the UVA Health Plan. Please bring your Aetna card and $44 (cash or check) to cover the cost of the workbook to the orientation. For more information or to register, call or email Robert Fitzgerald. 434.243.4749 rf7r@virginia.edu

Acquire the skills to manage stress and implement your healthy intentions.

Learn the EBT® check in and use the 5-point system in this 6 week course.

Practice an emotion balancing technique that you can use daily.

$44

Instructors: Cynthia Moore MS, RD, CDE and Kris Bohham RD are registered dietitians and EBT® providers/trainers at the UVA Nutrition Counseling Center, Northridge.

For more information about EBT®, visit www.ebt.org. Also visit www.hooswell.com.