

The 6th Annual
Taste of Suppers

Thursday, March 22, 2018 - 6:30 to 8:30pm
Princeton Public Library

Have you struggled with making positive changes in your life? Do you care about someone who would get better “if only they'd eat like you tell them to eat”?

When our efforts to help ourselves or loved ones change unhealthy behaviors backfire, it may be because *we have false assumptions about how to support the change process.*

Dr. Mark Woodford from The College of New Jersey will explain fundamental truths about change processes and introduce the principles of **Motivational Interviewing**. "MI" is a model used in public health and addictions counseling to help people whose improvement requires behavior change.

Join Dr. Woodford and The Suppers Programs facilitators for a lecture, audience participation, and tastes of Suppers' favorite recipes that are so delicious they might help motivate healthy change.

Please [register](#) and come on time; we can't guarantee seats.



Dr. Woodford has been a Professor in the Department of Counselor Education at The College of New Jersey since 2001. He is a licensed professional counselor. Dr. Woodford's particular area of expertise is addictions counseling, and as Dor Mullen's mentor he was instrumental in developing the program design of The Suppers Programs.



[*www.TheSuppersPrograms.org*](http://www.TheSuppersPrograms.org)