



BARRY AND FLORENCE  
FRIEDBERG  
JEWISH COMMUNITY CENTER

# What's Eating You?

**8 Wednesdays, January 24 - March 14**  
10:30 - 11:15 am

Did the holiday season come and go, with you still feeling that you can improve your relationship with food? Come join others as you explore new strategies and learn new ways of dealing with this complex relationship.

*Facilitated by Jamie Tedesco Cohen, LMSW*

**Fee: \$120; Members, \$80**

For more information, please contact Gloria Lebeaux,  
Director of Social Services at 516-634-4010 or  
[glebeaux@friedbergjcc.org](mailto:glebeaux@friedbergjcc.org)



15 Neil Court, Oceanside, NY 11572  
[www.friedbergjcc.org](http://www.friedbergjcc.org) • 516-766-4341

