

# Mindful Eating Training Institute

## *Certificate of Training in MB-EAT*

*Presented to*  
*Katarzyna Kopanska, PhD*

*For the successful completion of the  
Mindfulness-Based Eating Awareness Training (MB-EAT) and Mindful Living Professional Online Training  
and Mentoring Program and Qualification of*

*“MB-EAT Qualified Instructor”*

*January 25, 2018 Novato, California*

*Andrea Lieberstein, MPH, RDN, RYT*

**Andrea Lieberstein, MPH, RDN, RYT, MB-EAT Teacher Trainer, Director, Mindful Eating Training Institute**  
**42 CPE's approved by the Commission for Dietetic Registration, American Academy of Nutrition and Dietetics**