



CONFÉRENCE

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« Psychology of Healthy Eating »



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Both France and Japan are favorite travel destinations for food aficionados. Whereas we enjoy foods, many people struggle with foods and eating. As a psychologist, I've been examining pathological eating behaviors such as extreme dieting and obsession with foods. This talk will how sociocultural factors shape eating behaviors and discuss how we facilitate healthy eating.

-- **Conférence tout public - en anglais--**

Lundi 25 mars 2024 à 17h30

Maison Universitaire France-Japon

42a, Avenue de la Forêt Noire à Strasbourg