

Intuitive Eating & More Than A Body

THIS GROUP WILL FOCUS ON PREVENTATIVE TOOLS AND SKILLS TO HELP INDIVIDUALS WITH DISORDERED EATING AND BODY IMAGE CONCERNS FROM TWO EVIDENCE AND RESEARCH BACKED APPROACHES. THE CURRICULUM WILL BE BASED ON THE BOOKS; INTUITIVE EATING BY EVELYN TRIBOLE AND ELYSE RESCH AND MORE THAN A BODY BY LINDSAY AND LEXIE KITE. THIS GROUP IS OPEN TO ALL AGES 12 AND UP INCLUDING THEIR ADULT FAMILY MEMBERS. GROUPS WILL BE TALK BASED WITH SOME ART/MUSIC THERAPY AND ACTIVITIES INTERMIXED.

DATES & TOPICS

AGES:12
& UP

Sept. 14th: Reject Diet Mentality & Body Image Resilience

Sept. 21st: Honor Your Hunger & Body Image Resilience

Oct. 18th: Make Peace with Food & Uniting w/ Women

Oct. 26th: Challenging the Food Police & Critiquing Your Media Environment

Nov. 2nd: Discover the Satisfaction Factor & Uniting w/ Women

Nov. 9th: Feel Your Fullness & Self- Actualization

Nov. 16th: Cope w/ Your Emotions w/ Kindness & Self- actualization

Nov. 30th: Respect Your Body & Critiquing Your Media Environment

Dec. 7th: Joyful Movement & Reclaiming Health/Fitness

Dec. 14th: Gentle Nutrition & Reclaiming Health/Fitness

Wednesday @ 5:15pm-6:15pm

REGISTER AT WWW.TANQUEVERDEPEDS.COM