

It's Not About the Food

Emotional Eating & Body Image Support Group



Contact Wendy Curtis at (971) 266-0631 or wendy@livegrowtransform.com

What are we doing with food... and what are we doing with our feelings? We created this group for those who struggle with how they feel about their bodies, who eat in response to their emotions, and who want insight and skills in dealing with everyday challenges using a **non-diet** approach. You can feel better!

Led by a professional counselor and registered dietitian, you will walk away from this group with:

- Accurate information on physical and mental health in regards to nutrition, weight & self-care
- Community with others – you're not alone!
- Skills to change your negative body image

WHO: Women ages 18 to 30

WHEN: Saturdays **beginning October 10th** through November 14th, 1:00-2:30 pm

WHERE: Multnomah Village, Portland, OR

HOW MUCH: \$449 for a **6-week group** (Materials and snacks provided)

*** We ask for \$100 deposit to hold your spot. ***

HEADS UP: In order to ensure we will be able to meet attendees' needs, please **contact Wendy prior to registering for the group** for a 5-10 min phone consultation.

Find out more about the group facilitators:

Wendy Curtis, LPC
livegrowtransform.com
Erin Enzweiler, RD, LPCi
eecounseling.com