

# It's Not About the Food

## Emotional Eating & Body Image Support Group

What are we doing with food... and what are we doing with our feelings? We created this group for all the women 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 with a **non-diet** approach.

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

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

**FOR:** Women ages 25+

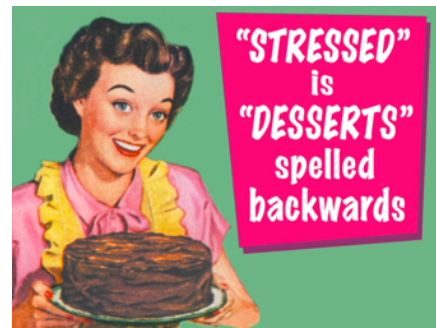
**DAYS:** 1st & 3rd Fridays of month, **starting June 5th**

**TIME:** 1:00–2:30 pm

**COST:** \$20 per group — **first group is FREE**

**WHERE:** The heart of Beaverton (call/e-mail for address)

**CONTACT:** Wendy or Erin at **(503) 438-8890** or email [erin@eecounseling.com](mailto:erin@eecounseling.com) or [wendy@livegrowtransform.com](mailto:wendy@livegrowtransform.com)



**(NOTE: In order to ensure we will be able to meet attendees' needs, please call, text or e-mail prior to attending your 1st group to set up a 5-10 min phone consultation.)**



### Group Facilitator Information

**Erin Enzweiler, LPC-I, RD:** *As both a counselor and a dietitian, I bring a unique set of skills to help people heal their relationship with food and regain trust with their bodies.*

**Learn more about Erin at [www.eecounseling.com](http://www.eecounseling.com)**



**Wendy Curtis, LPC:** *As a counselor, I have helped hundreds of people deal with difficult life transitions, anxiety, depression, effects from bumpy childhoods and more. My hope for everyone I work with is that they find more clarity, peace and direction for their life.*

**Learn more about Wendy at [livegrowtransform.com](http://livegrowtransform.com)**

**For more information & to register, call or text  
(503) 438-8890 or email [erin@eecounseling.com](mailto:erin@eecounseling.com)**