



Health at Every Size® Group

Details:

**Mondays
starting**

Sept. 26, 2016

Time:

6:30- 7:30pm

Cost:

Free*

The Health At Every Size® group is a 10 week introduction to the philosophy behind living a non-diet lifestyle that supports body compassion and respect.

This will be a supportive group environment that can hold anxiety and fear around moving away from diet mentality and body dissatisfaction. Group members will be introduced to research around weight science and health, and will be supported in their personal exploration of Health at Every Size®. Members will learn about alternative ways to approach health and improve their quality of life, looking beyond weight loss as the gold standard of health. Skepticism is welcome!

Topics presented will range from joyful movement, intuitive eating, weight stigma, redefining beauty, and thin privilege. The group will be facilitated by Michelle Forrest, MS, LMHC, CN and Jessica Schwartz, MS, RD, LMHCA.

This is a closed group. If you're interested in participating please contact Riley McCormick, LMHCA at 206-538-2305.

*Intake appointment is required and has a fee.

Opal: Food + Body Wisdom
1100 NE 45th Street, Suite 600
Seattle, WA 98105
(206) 926-9087

Street and paid-lot parking are available.



food+body wisdom