

BETTER BODY IMAGE

A 10-week in person group for those interested in creating & strengthening a healthier view of themselves

How do you SEE yourself? How do you FEEL about the way you look? What THOUGHTS and BELIEFS do you have about your body? What BEHAVIORS drive you to DO things to CHANGE the way you look?

TOPICS COVERED

- Understand how your body image is formed
- Face body image avoidance and fears
- Modify negative body talk
- Erase negative body image rituals
- Tools to treat your body with respect
- Body compassion

WHO SHOULD SIGN UP?

Teens aged 14-19, who want to gain a sustainable body image perspective and feel empowered in the body in which they exist.

This group offers space to participants with or without a diagnosed mental health condition, such as an eating disorder (ED) or body dysmorphic disorder (BDD). Members must demonstrate a desire to learn and grow in their body acceptance and understanding. AND be committed to attend all 10 weeks.

Everyone will be scheduled for a brief video meet & greet with the facilitator, prior to the first group.



WHEN

Tuesdays
4:30-6 pm
**May 31 –
June 28, 2022**

WHERE

Elite Cognition LLC
**5900 Monona
Drive Suite 102
Monona, WI 53716
(608) 286-1132**

FEES

**\$40 per week or
\$350, if paid in full
prior to first
session. All
materials included
in fees.**

***If you are
committed to
attend but are
concerned about
cost. Contact us to
see if you are
eligible for our
sliding scale to
reduce fees.**

REGISTER

by returning
completed form via
email
info@elitecognitionllc.com
fax or to the Elite
Cognition office.
**Registration will be
confirmed upon
receipt. When group
fills, a waiting list
will begin for the
next session.**

