

# Healthy at Every Weight: Body Neutrality Group

When you are ready to stop feeling bad about the way you look....



- 8-week program
- Small group size of 5-7 people
- New groups starting soon or join an existing group
- Group discussion will include: feelings and attitudes about your body, physiology of body size and eating, personal values and goals, and roadblocks to achieving our goals.
- Videos, research, questionnaires, and discussions will be used during group to help you explore, learn, and adjust.
- Held at 1300 N. Jackson Street Milwaukee, WI 53202

For information or registration, contact us at: (414) 225-1374 or  
[kblackwell@jfsmilw.org](mailto:kblackwell@jfsmilw.org)

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