

# Body Image:

# THE DARING WAY™

SHOW UP | BE SEEN | LIVE BRAVE™



*based on the research of Brené Brown*

Acceptance of your body can be hard! We know how hard it is because of our own personal struggles with body image. The food industry, society and personal trainers will tell you that you need to change your body in order to feel good about it. We believe the opposite! You don't need to change your body in order to like it. Acceptance starts with stepping into the arena today. Do you avoid certain clothes because you think they make you look fat? Do you avoid having your picture taken because you don't like how you look? Face your fears using the work and research of Brené Brown and The Daring Way™.

## Dates and Times:

Friday February 8th

5pm-9pm **and**

Saturday February 9th

8am-5pm

## Cost: \$215

Includes: workbook, light refreshments, and lunch on Saturday.

## Facilitated by:

Jennifer Olkowski, LPC, CDWF  
and Kaitlyn Gitter, LPC

And I said to my body, softly: 'I want to be your friend'. It took a long breath, and replied: 'I have been waiting my whole life for this'.



HealthyPlace.com

To complete the screening process for the group go to:

<http://espritcounseling.com/survey.html>

We understand that body image can be closely connected to eating disorders. We ask that participants be 6 months free of eating disorder behaviors as this group may not be appropriate for someone currently engaging in eating disorder behaviors.