

Learning to Love Our Bodies

eight-week group

Saturdays, Sep 17-Nov 19* • 10a-1p

*no group on 10/15 and 10/29

PAY IN ADVANCE - \$345*

*a savings of \$135 compared to the payment plan

PAYMENT PLAN - 3 PAYMENTS OF \$160

REGISTER ONLINE:

positivepathways.com/workshops-and-groups



165 Cook Street • Suite 10 • Denver CO 80206

www.PositivePathways.com

720.606.3242

~call to register or for more info~

In this intimate group of 6-8 women, you'll use **JOURNAL WRITING & ART CREATING** as a means of exploring and healing your relationship with your body.

Over the course of this 8-Week Group, you'll explore:

- experiences of your body throughout life
- ways your body works for you
- current habits and new ways of thinking
- stories your body has to tell you

You'll leave with a changed story of your physical self, and a reclaimed birthright to adore the pleasures of your body!

Your body is not a prison, a mistake, a mismatch, a life-sentence.

It is not something you can and should "fix" and "correct."

Your body is a life force, a workhorse, a transport, a marvel.

Your body can be your best friend for a lifetime...



FACILITATOR CAROLYN JENNINGS is the author of HUNGER SPEAKS, a memoir told in poetry. She is a certified JOURNAL TO THE SELF® facilitator, and has lived for decades in recovery from binge eating. Her mental diet includes no scale and no women's magazines. She fell in love with her body not by altering it but by changing the lenses through which she sees it.

ART THERAPY segments conducted by Abby Hansen, BA who is an EDIT™ Counselor Intern at Positive Pathways, and masters-level student in Clinical Mental Health Counseling with a concentration in Transpersonal Art Therapy at Naropa University.

