

# WORKSHOPS

FALL  
2017

*Do you often think about your weight?*

*Do you worry about body image or  
struggle with self-esteem?*

## **All workshops are located at:**

*Women's Health Clinic*

*419 Graham Ave., 2<sup>nd</sup> Floor, Room B*

Our workshops are free and open to all genders ages 16 and up, including our clients, community members, families, and service providers.

You do not need to have an eating disorder to attend, only a desire to have a more balanced and peaceful relationship with food and your body.

## **Family and Friends Workshop**

**Saturday, Sept. 9 • 10 am - 12:30 pm**

Learn more about eating disorders so you can better understand your loved one's experience. We'll share some general and specific strategies for providing helpful support.

*Please note: Your friend or family member does not need to be in treatment for you to attend.*

## **Health at Every Size (HAES) - A Focus on Wellness**

**Saturday, Sept. 23 • 10 am-12 pm**

Learn why to focus on wellness, not weight and how to be healthier at your current shape and size. Learn the benefits of bringing some peace into your relationship with food and activity.

## **Overcoming Perfectionism**

**Saturday, Nov. 4 • 10 am-12:30 pm**

The need to be seen as 'perfect' is linked to anxiety, poor body image, anger and shame. Learn strategies to overcome perfectionism so you can feel more joy and satisfaction in your achievements and relationships.

## **Feed Your Microbiome**

**Wednesday, Nov. 22 • 6-8 pm**

Probiotics? Prebiotics? Microbiome? Join us to learn what they are and their role in health and wellness. You'll learn how to feed your microbiome for improved general health and disease prevention.

## **Anxiety: Making Friends with the Unknown**

**Saturday, Nov. 25 • 10 am - 12:30 pm**

Learn more about anxiety: what it is, what it isn't, and how to be more comfortable with it. You will learn coping strategies based on Cognitive Behavioural Therapy and Mindfulness.

## **Coping with the Holidays**

**Saturday, Dec. 2 • 10-12 pm**

The holidays bring added stressors and pressure as well as eating challenges. We'll review coping strategies, and discuss tips to help you plan for food and family time, and to practice self-care.

*Please note: This workshop is most appropriate for those already in treatment or in continued recovery from an eating disorder.*

*Registration is required. To register  
or for more information contact:*

204-947-2422 ext. 137  
1-866-947-1517

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women's  
health clinic