



SPRING/SUMMER WORKSHOPS 2019

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., 2nd 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 & Friends Workshop (Part 1): What are Eating Disorders and How can I Help?

Saturday, May 4 • 1:00 - 3:30 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, June 8 • 10:30 am - 12:30 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.

Transforming Body Image

Wednesday, July 10 • 6 - 8 pm

Learn about the factors that affect body image, assess your own body image, and discover practical ways to help you feel better about the body you have.

Nutrition Basics

Tuesday, August 13 • 6 - 8 pm

Learn how to nourish your body to have the energy you need to live your life and do the things you want. We'll talk about why our bodies need enough carbohydrates, proteins and fats to give us energy throughout the day.

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

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

419 Graham Avenue
Winnipeg, MB R3C 0M3

edprogram@womenshealthclinic.org

www.womenshealthclinic.org



women's
health clinic