



SPRING/SUMMER WORKSHOPS 2022

Do you often think about your weight?

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

We are now offering virtual workshops! Workshops will be held on Microsoft Teams. A computer, tablet or smartphone is required to virtually participate.

Transforming Body Image

Saturday, May 14 • 10 a.m. - 12:30 p.m.

Facilitator: Lori Peters (she/her)

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

Overcoming Perfectionism

Monday, June 6 • 6 - 8 p.m.

Facilitator: Julia Klassen (she/her)

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.

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

Wednesday, July 6 • 6 - 8 p.m.

Facilitator: Sharra Kohn (she/her)

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

Mindful Eating

Thursday, August 18 • 6 - 8 pm

Facilitator: Sharra Kohn (she/her)

Eating mindfully involves slowing down, and savoring food. Learn about and practice mindfulness skills including eating a raisin in a mindful way.

Please note: this workshop is not suitable for people with anorexia.

Workshops are free and open to people of all genders aged 16 and up. We welcome 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.

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

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

✉ edprogram@womenshealthclinic.org



women's
health clinic

www.womenshealthclinic.org