

BODY IMAGE WORKSHOP

Huddle
BRANDON

WITH
MADISON



Mondays from 4:30 - 5:30pm

- Week 1 Introduction to Disordered Eating and Body Image
- Week 2 Movement, Nourishment, and Diet Culture
- Week 3 Beauty Standards
- Week 4 Self Love and Boundaries
- Week 5 Healthy Goal Setting
- Week 6 Wrap Up

**Offered in
person or
virtual**