



# BODY ACCEPTANCE AND SUPPORT GROUP

EVERY 2ND AND 4TH WEDNESDAY  
BEGINNING MAY 8TH  
6:00-7:00

PEACE OF MIND WELLNESS

THE BODY ACCEPTANCE AND SUPPORT GROUP IS DESIGNED TO CREATE AN INCLUSIVE COMMUNITY FOR INDIVIDUALS OF ALL SIZES AND GENDERS. TOGETHER WE WILL EXPLORE EMOTIONS RELATED TO OUR BODIES AND CREATE A SAFE SPACE TO SHARE OUR OWN LIVED EXPERIENCES. INDIVIDUALS WITH EATING DISORDERS, POOR BODY IMAGE, OR CHRONIC DIETING ISSUES ARE INVITED TO COME AND CONNECT WITH OTHERS IN A SUPPORTIVE ENVIRONMENT.

For more info or to join, reach out to Leah  
Mandel at 262-310-4259 or  
[leah.madel@ofmindwellness.com](mailto:leah.madel@ofmindwellness.com)

