

OUR BODIES OUR BATTLEFIELDS

Women, Food, Body & Desire: What's Culture Got to do with It?

Do you struggle with food and weight?

Are you tired of feeling like your body doesn't fit in?

12-WEEK WOMEN'S GROUP

Explore the cultural meanings of body and food.

Learn to identify and feed your desires and appetites.

Experience your body from the inside out, instead of the outside in.

Thursdays, 5:30 to 7:00 PM

The Women's Therapy Center in El Cerrito, CA

\$25 per session (limited sliding scale available)

For more information, call **(510) 524-8288 EXT. 4**

This group will be facilitated by Rainbow Schwartz, MA, MFT Intern
and Marielle Berg, MFT Trainee. Supervised by Elena Moser, LCSW.

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