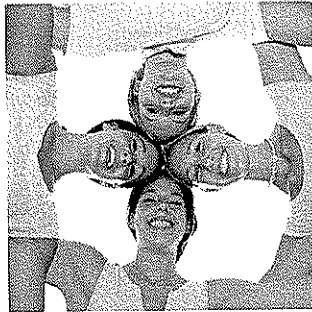


A 7 week closed small group...

Every body is different so this is not a one-size fits all program, but a way to see how we are all wonderfully and beautifully made and how to live that way with God, ourselves and others.

In 7 weeks you will be supported and encouraged on your journey of healing from disordered eating, eating disorder and body image concerns. All within a safe community full of confidentiality and grace.



RESOURCES FOR IMMEDIATE HELP:

If you are currently experiencing health-threatening behaviors, please call this number. You are not alone and will benefit from support. National Eating Disorders Association 1-800-931-2237

DeBi Support and Teaching

For college or professional women

A Ministry of the Caring Ministries

**SUPPORT AND TEACHING FOR
WOMEN STRUGGLING WITH BODY
IMAGE AND HEALTHY EATING**

ALSO...

**TRAINING FOR WOMEN TO LEAD
DEBI GROUPS**
512/891-1651



**SUPPORT AND TEACHING FOR WOMEN STRUGGLING
WITH BODY IMAGE AND HEALTHY EATING**

ALSO...

TRAINING FOR WOMEN TO LEAD DEBI GROUPS

4220 Monterey Oaks
Austin, TX 78749

Phone: 891-1651

Fax: 891-1690

E-mail: elizabeth.podgurski@tefc.org

**SOLI
DEO
GLORIA**

Enjoy life more.

Have you ever struggled with how you see yourself or what you do with either food or exercise?

Many factors impact your struggle. This group hopes to bring insight and strength to you. There will be time discussing image, behavior and thought patterns, relationships, nutrition and what it would look like to **enjoy life**.

Disordered eating is when a person's attitudes about food, weight, and body size lead to very rigid eating and exercise habits that jeopardize one's health, happiness and safety. Eating Disorders



are complex conditions that arise from a combination of long-standing factors. Body Image is how you see yourself, what you believe about yourself, how you feel about your body and how you sense and control your body as you move.



Distinct Groups

Groups are distinctive by life stage (college, professional, single, married, parents). Groups are also distinctive by current eating practices (disordered eating, eating disorder recovery).

All groups are kept small, no more than 8 people, and are facilitated by women experienced with walking through the extensive healing process for body image, eating and exercise struggles.

Curriculum addresses learning your goals, understanding possible causes, getting comfortable with God, challenging and/or changing faulty self-talk, learning Intuitive Eating, and practicing soul care through connecting contemporary spirituality with emotional health. Call for more info on any of this. This is not a bible study, weight-loss group or 12 step group, nor is it associated with any product.

Details and More Info

When—90 minutes weekly for 7 weeks, new groups begin each semester or quarter.



Where—
Southwest Austin

Cost—\$15/
session includes materials .

Facilitated by

Elizabeth Podgurski, M.A, NCC,
LPC, or Jennifer Wu, LCSW.

To register for your distinct group (15-20 minute registration) or get more info...

Call Elizabeth at 891-1651

SUPPORT AND TEACHING FOR MEMBERS STRUGGLING WITH
INTUITIVE EATING AND HEALTHY EATING
ALSO...
TRAINING FOR TOWN TO LEAD THESE GROUPS

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