

Body Acceptance Workshop

This is a 6-week series held Wednesdays 5:30-7:00pm at HRC Behavioral Health & Psychiatry, PA in Chapel Hill. Classes include:

Connecting with self and the mindfulness path
Balancing self acceptance with change
Using values to tame the inner critic
Working with change as a lifelong process
Learning to love your body through gratitude
Welcoming in the “bad” with radical acceptance

These workshops will benefit you if you:

- Find yourself thinking when you lose the extra weight or look a certain way, you will start living and having fun
- Frequently compare yourself to others
- Continuously weigh yourself and/or check your image in the mirror
- Have self-talk more negative and judgmental than you would like it to be
- Feel like the more you try to get control in your life, you only feel more out of control

Class size is limited. To reserve your space, contact Dr. Laudicina at (919) 442-5558 or claudicina@hrc-pa.com. Each session is \$75. Complete 6-week packages are available for \$400.