

Body Positive Workshop

Participants will learn how to expand their own perception of authentic beauty, and use self-love and appreciation to care for their whole selves, allowing them to act on their purpose and life goals.

4 weekly virtual group sessions offered:
January 12, 19, 26th and Feb 2th from 1-3 pm

The group will be facilitated jointly by dietitians and social workers –
Aly Castonguay, RD, CDE and Rachel Ginsberg, RSW

The group will be based on the 5 competencies of the evidence-based *Be Body Positive Model*:

1. Reclaim Health
2. Practice Intuitive Self-Care
3. Cultivate Self-Love
4. Declare Your Own Authentic Beauty
5. Build Community



For more information, please contact the
East GTA Family Health Team (647)-693-7401

