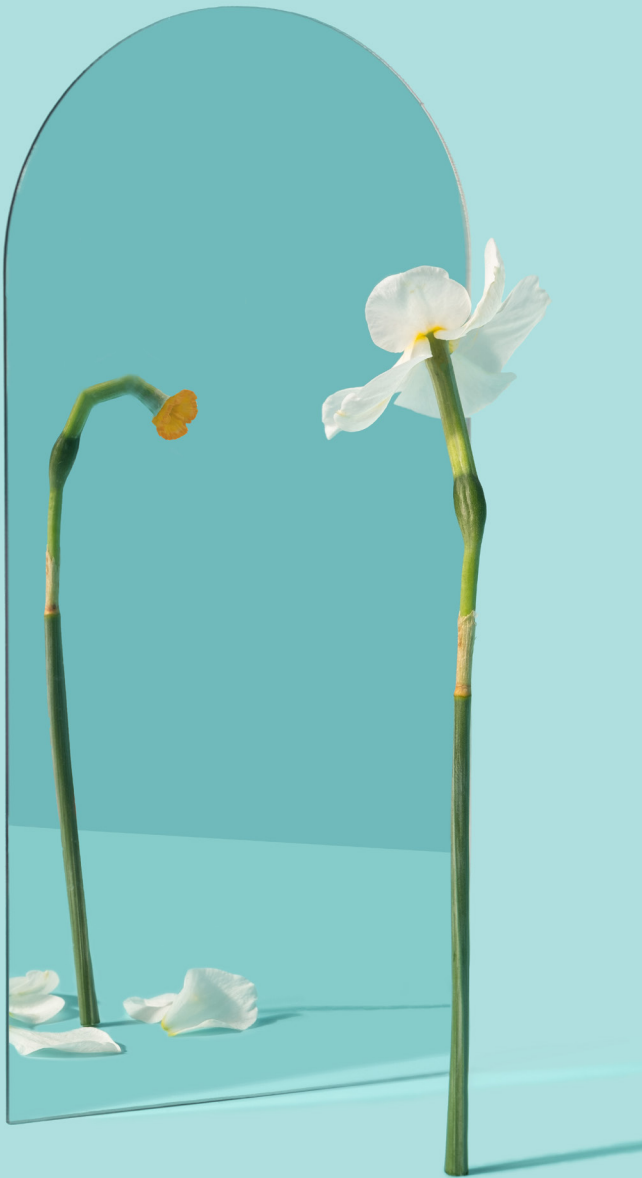


Body Image Boost: Reframe Your Reflection

A live, online six-week series featuring
Meadows Senior Fellow Jenni Schaefer



Are you waiting to start your life “five pounds from now”?

Do you compare your body with others, feeling like you never measure up?

Your body doesn't have to be a battleground. Reclaim your body as your home. Join author Jenni Schaefer and a community of people who “get it” for a weekly body image boost. In this six-week series, Jenni will “get real” about her own struggles with body image and share concrete tools that helped her to reframe her reflection. As she shares about her own recoveries from PTSD and an eating disorder, she will take you on a fun and perfectly imperfect journey of accepting, appreciating—and even loving—your body.

WEDNESDAYS:

August 24, 31 | September 7, 14*, 21, 28
2:00–2:30 p.m. CST | 3:00–3:30 p.m. EST
1:00–1:30 MST | 12:00–12:30 PST

This is a free event. No registration required.

*Special guest host.

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