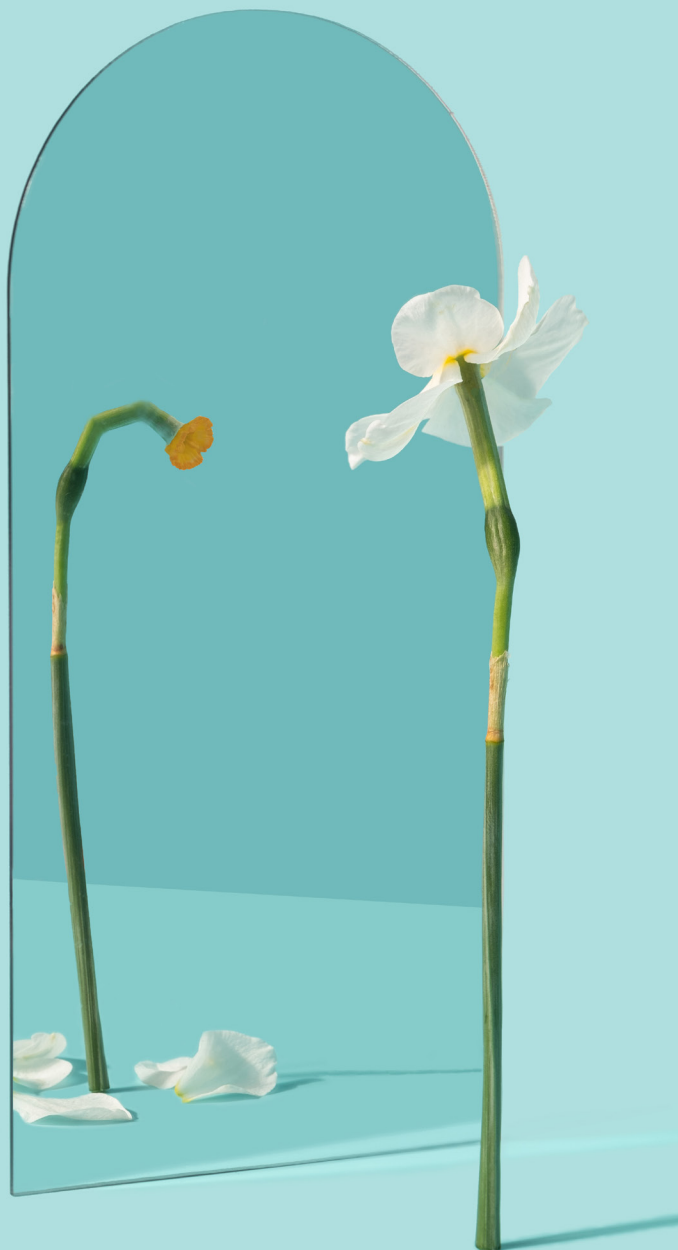


# Body Image Boost: Reframe Your Reflection

A live, online six-week series and support group featuring author of *Life Without Ed* and Meadows Senior Fellow **Jenni Schaefer**



*Is your body a battleground?*

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

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

Join a community of people who “get it” for a weekly Body Image Boost. In this six-week series, author Jenni Schaefer will get real about her own struggles with body image and share tips and tools that helped her to reframe her reflection. Get ready for a fun and perfectly imperfect journey of accepting, appreciating—and even loving—your body!

## JOIN US FOR ONE HOUR ON MONDAYS:

October 10, 17, 24, 31, November 7\*, 14\*

5:00 p.m. Central | 6:00 p.m. Eastern

4:00 p.m. Mountain | 3:00 p.m. Pacific/AZ

\*4:00 p.m. AZ

This is a free event and open to anyone aged 18 and older. Join anytime! Registration is not required, and it's okay if you miss some sessions.

## BODY IMAGE BOOST 2.0 | SAME TEAMS LINK

October 12, 26, November 9 at

2:00 p.m. Central / 3:00 p.m. Eastern

Open to attendees and alums, this is time for additional support, to ask Jenni questions, receive guidance on homework, and connect more with the community.

SPONSORED BY:



For more information on The Meadows Ranch eating disorder program, please email: [scott.evans@meadowsbh.com](mailto:scott.evans@meadowsbh.com)

**Click here to join the Microsoft Teams Meeting.**

ID: 215 081 432 966 | Passcode: ScwcaX

**Download Teams | Click here to join on the web.**

**Audio only: +1 480-561-5940, Passcode: 954244403#**

NOTE: Sessions are not recorded in order to protect the anonymity of the group.