

THE BODY PROJECT

EMPOWERED WOMEN EMPOWER WOMEN

WHAT?

The Body Project is a body-acceptance program designed to help girls and women improve their body image and self-esteem. *The Body Project* is supported by more research than any other body image program.

WHO?

The Body Project is facilitated by Ashley Wanamaker and Dr. Angela Grace who both specialize in Eating Disorder and Body Image education, prevention, and treatment.

WHERE?

The Village: 4039 Brentwood Rd NW
Calgary, Alberta,
T2L 1L1

WHEN?

New session begins **Friday, February 9th – March 2nd, 2018**
Friday mornings 9:30 am – 10:30 am
\$200 each (includes 4 x 60-minute sessions)

We use an inclusive definition of “woman” and “female” and we welcome trans women, genderqueer women, and non-binary people who are significantly female-identified of all sizes.

Participants are required to attend all 4 sessions.

*Please note that the Body Project is **not** an eating disorder support group or clinical therapeutic intervention for an eating disorder. If you would like to speak with a counsellor about eating disorders, please email <http://info@ashleywanamaker.com> or dr.angela.grace@gmail.com.*

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