



## **Healthy Balance Group**

This group is for students struggling with concerns related to eating, over-exercise and body image. We will explore food and body image questions as well as develop skills to address these issues. We will also discuss relationships, self-image and self-acceptance. This group is scheduled to begin in February 2011. If you are interested in joining this group, please email the facilitator/therapist at: [fran@bengordoncenter.org](mailto:fran@bengordoncenter.org) or call 815-756-4875.