

# HEALING GRACE COUNSELING CENTER IS HOSTING OUR SECOND WEIGHT MANAGEMENT CLASS



**LED BY: KRYSTINA ERICHSEN, M.A., PLPC**  
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**LICENSED PSYCHOLOGIST**

**WHERE: HEALING GRACE COUNSELING CENTER**  
**1272 NE WINDSOR DR., LSMO 64086**

**WHEN: AUGUST 19<sup>TH</sup> – OCTOBER 14<sup>TH</sup>, 2017**  
**(OFF SEPT. 2<sup>ND</sup> FOR LABOR DAY)**  
**SATURDAYS 10:00AM – 12:00PM**

**WHAT: COGNITIVE BEHAVIOR THERAPY (CBT) FOR**  
**WEIGHT MANAGEMENT AND BODY IMAGE ISSUES**

**WHO: ANYONE LOOKING FOR WEIGHT MANAGEMENT**  
**(18 AND OLDER)**

**COST: \$250 FOR EIGHT, 2 HOUR GROUP SESSIONS**  
**(APPROX. \$16/HR)**

**CBT can help a person with weight management by:**

- Helping a person control their diet
- Helping to increase motivation to do exercise
- Provide coping skills to handle any lapses in diet that the person will experience
- Changing a person's body image and their expectation of body image
- Improving a persons' self-esteem
- Helping with stress management
- Helping set reasonable goals for weight loss, weight gain and maintenance

★ **MUST REGISTER BY JULY 29<sup>TH</sup>** ★ **at 816-205-7059 OR**  
**email summerhgcc@gmail.com**

**8-week course**  
**includes:**

—————  
**1 on 1**  
**15min session**  
**to set goals**  
**with therapist**

—————  
**Group**  
**sessions**  
**(max 10 people)**

—————  
**Nutritionist**  
**visit**

—————  
**Accountability**  
**– weighing in**  
**and out**

—————  
**Feedback &**  
**Reinforcement**  
**to continue to**  
**come each**  
**week and**  
**reach**  
**personal goals**

**Visit our**  
**website at:**

**www.healing-**  
**grace.com**