Join our 4-week virtual group* to learn:

- Behavioral tools to support weight and health goals
- Strategies to maintain motivation and behavioral changes
- Skills for managing emotional eating and other unhelpful eating patterns

*Sessions will be billed to insurance and may require a copay.

Virtual Group Therapy:

- Starts Monday, June 14
- 4:00-5:00pm
- Zoom link provided after registration

uchealth-wishpatientinformation@uchealth.org
or talk to your WISH provider

WISH - Women’s Integrated Services in Health, Department of Medicine
Women’s Behavioral Health and Wellness Services, Department of Psychiatry