



# Behavioral Strategies for Weight Management

← Strategies and skills for health and wellness →

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



[uhealth-wishpatientinformation@uhealth.org](mailto:uhealth-wishpatientinformation@uhealth.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



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



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