



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:



Mondays, weekly



4:00-5:00pm



Zoom link provided after registration

For more information or to schedule an initial screening appointment, email WBHW@cuanschutz.edu or call 720-724-1646

Women's Behavioral Health and Wellness Services, Department of Psychiatry



Department of Psychiatry

SCHOOL OF MEDICINE

UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS