Behavioral Strategies for Weight Management

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