

# Learning To LOVE Our Bodies

## 8-Week Group for Women

**Saturdays, 10am-1pm • September 7 - November 9**

**(no group September 21 or October 19)**



*Your body is not a prison, a mistake, a mismatch, a life-sentence.  
It is not something you can and should "fix" and "correct."  
Your body is a life force, a workhorse, a transport, a marvel.  
Your body can be your best friend for a lifetime...*

In this intimate group of up to 8 women, you'll use  
**JOURNAL WRITING & EDIT™ PRINCIPLES**  
as a means of exploring and healing  
your relationship with your body.

EDIT™ (Eating Disorder Intuitive Therapy)  
includes five principles - the first is, "Love Your Self."

Over the course of this 8-week group, you'll explore:

- experiences of your body throughout life
- ways your body works for you
- caring for your unique body in your circumstances
- stories and wisdom your body has to tell you

*You'll discover how to reclaim health,  
practice intuition and pleasure, cultivate self-love,  
declare your authentic beauty and build community support!*

**EARLY BIRD - \$495 by August 31**  
**REGULAR RATE - \$595**  
**or 8 payments of \$75**

**Register Online or Contact:**



**2247 Federal Blvd • Denver CO 80211**  
[www.DrDorie.com/Positive-Pathways](http://www.DrDorie.com/Positive-Pathways)  
303-494-1975



FACILITATOR CAROLYN JENNINGS is the author of *HUNGER SPEAKS*, a memoir told in poetry. She is a certified JOURNAL TO THE SELF® facilitator, and is an Eating Disorder Intuitive Therapy (EDIT)™ Certified practitioner. She has lived for decades in recovery from binge eating, and her mental diet includes no scale and no women's magazines. She fell in love with her body not by altering it but by changing the lenses through which she sees it.



CO-FACILITATOR "DR. DORIE" McCUBBREY, PhD, MSEd, LPC, LAC, CEDS is a Licensed Addiction Counselor, Certified Eating Disorder Specialist, and Owner of Positive Pathways. During her own journey of recovery from eating disorders, Dr. Dorie learned five principles, which she subsequently incorporated into her treatment method called Eating Disorder Intuitive Therapy (EDIT)™