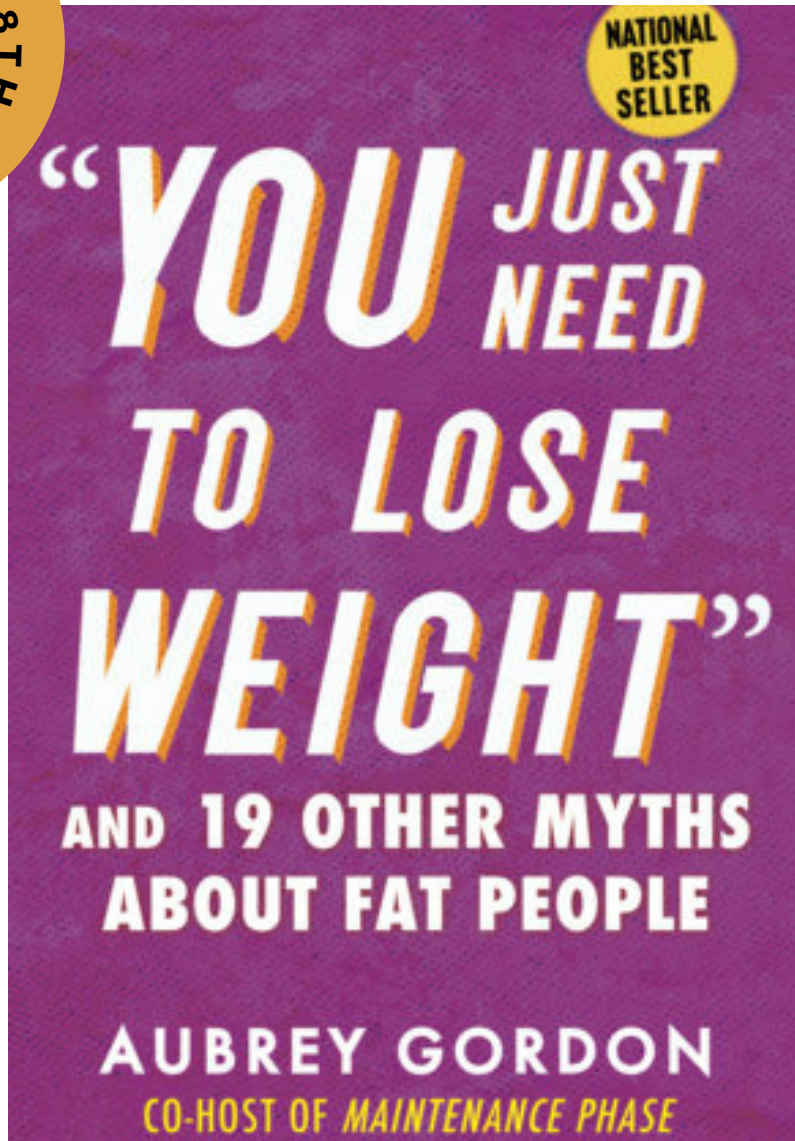


# Embodiment

SUMMER BOOK CLUB

STARTS MAY 28TH



FACILITATED BY  
ELISABETH PETERSON RD, CEDS-C  
& LAURIE MANNS, LPC

[PETERSONNUTRITION/BOOK-CLUB.HTML](http://PETERSONNUTRITION/BOOK-CLUB.HTML)  
OR BY CALLING 804-440-3110

# “YOU JUST NEED TO LOSE WEIGHT...& 19 OTHER MYTHS ABOUT FAT PEOPLE”

ANTI-FATNESS IS UBIQUITOUS! WEIGHT-STIGMA IS SO PREVALENT,  
THAT EVEN WITHOUT INTENTION, MANY OF US REPLICATE AND UPHOLD  
THIS HARMFUL BIAS.

THIS OFFERING IS AN INVITATION TO PEOPLE WHO ARE LOOKING FOR  
A COMMUNITY THAT WILL CHALLENGE COMMONLY HELD MYTHS TO  
INTERRUPTING PROBLEMATIC ATTITUDES, BEHAVIORS, AND SOCIAL  
SYSTEMS.

WE ARE HOSTING A **6-SESSION SERIES** THAT WILL MEET  
VIRTUALLY VIA ZOOM  
AND WILL RUN BI-WEEKLY ON TUESDAY EVENINGS  
**STARTING MAY, 28, 2024-AUGUST 6, 2024**  
**FROM 7:00PM-9:00PM.**

**EARLY BIRD REGISTRATION: BY MAY 21, 2024, \$199(40%OFF)**  
REGULAR REGISTRATION: MAY 22ND-24TH, \$330  
BOOKS ARE NOT PROVIDED FOR THE CHAPTER DISCUSSIONS, SO  
SECURING A LIBRARY LOAN OR PURCHASE IS NECESSARY.

THIS GROUP WILL BE AN INCLUSIVE CIRCLE, WE WELCOME ACCEPTING  
PEOPLE WILLING TO SHARE THEIR EXPERIENCES, THOUGHTS, AND  
WISDOM. WE EMBRACE AND VALUE THE DIVERSE PERSPECTIVES OF  
ALL PARTICIPANTS AS WE DIVEST, LEARN AND HEAL TOGETHER IN  
COMMUNITY.

TO JOIN US, PLEASE REGISTER BY VISITING ONLINE AT  
**PETERSONNUTRITION/BOOK-CLUB.HTML**  
OR BY CALLING 804-440-3110

SPACE IS LIMITED AND WE ASK THAT YOU REGISTER FOR THE GROUP  
NO LATER THAN MAY 24, 2024.