



Piedmont Intergroup Presents

A Virtual Body Image Workshop

Before recovery, many of us were ashamed of or even hated our bodies. Perhaps, when we looked in the mirror, we heard a parent's critical voice or taunts from grade school classmates; perhaps we became convinced no one could be attracted to us because of our weight, our body shape, our loose skin, or the effects of aging. Most of us saw a body that didn't match what others saw, because our vision was clouded by emotional and spiritual turmoil.

One of the greatest gifts of recovery is the ability to see our bodies as they really are. For some, that might mean realizing that we're actually a normal, healthy size. For others, it might mean coming to honor bodies that bore children or survived abuse, including compulsive over or under eating. Our bodies are eager now to thrive-to take up hiking, learn to dance, or wear flattering clothes

May 16, 2020, 2 to 3:30 p.m. EDT

Workshop to be conducted via Zoom

To receive an invitation to the Workshop, please email
piedmontintergroup@gmail.com

