

Nourished & Well

Physically, Mentally, Emotionally

Heather Marko MS, RD, LD Lauren Losak, LCSW-C

Co-led by Heather & Lauren, this series is designed to promote confidence through sound nutritional practices and therapeutic techniques. Participants can expect to engage in group discussions, games/activities, mindfulness exercises, cooking demos, and joyful movement. Topics to be explored:

- Positive health behaviors
- The effects of diet culture/social media
- Mindfulness
- Body image/self-image
- Coping skills
- Intuitive eating





Time: 430 - 530pm

Duration: 8 weeks

Eligibility

- Girls ages 12 14
- Current patient at Potomac Pediatrics
- Must be able to commit to the full 8 weeks

 What the expension of April 14th

*with the exception of April 14th (spring break)

Contact Us!

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