

HEALTHY LIFESTYLES: PSYCHOTHERAPY & NUTRITION GROUP



Connecting the Mind and Body

Create an intentional approach to balanced and healthy habits. Join Therapist Penny Thomas-Proctor, LMFT and Dietitian Jason Mousel, MS RD in a small, weekly group that incorporates nutritional education and psychotherapy focused on achieving healthy life habits. The Dietitian will lead interactive classes that will allow you to create a life-long healthy approach to eating. The therapist will use a combination of Cognitive Behavioral Therapy and Mindfulness-Based approaches to improve communication between the body and brain. The goal is to resolve the internal conflict so that the mind and body can work in unison and align toward optimal health and well-being

Each week we will explore different challenges that interfere with progress toward healthy lifestyles. The topics will include:

- Developing Habits
- Body Attunement
- Creating Healthy, Sustainable Dietary Patterns
- Increasing Awareness of Automatic Thoughts & Self Talk
- The Impact of Emotions and Relationships
- Hunger, Cravings & Mindful Eating

Group now forming

Tuesdays 7:00pm-8:30pm

\$320 for 8 weeks of group (+ 1 complimentary individual session)

165 Arch St., Redwood City, CA 94062

To register for this group, please contact:

Penny Thomas-Proctor, LMFT @ Sequoia Counseling Services (650) 363-0383 ext 124

OR email : pennybtp@lacasamilagro.com