



HEALTHY WEIGHT MANAGEMENT

IT'S TIME TO TAKE CONTROL OF YOUR HEALTH

Individuals with health risks or health related concerns will learn to utilize Cognitive Behavioral Therapy (CBT) to supplement their weight management/weight loss journey.

The CBT group is designed to help build motivation, support, and skills needed to implement and maintain healthy lifestyle changes.

Treatment is in a group format, providing an added benefit of receiving and giving support to others who are on a similar journey.

Group will be on Mondays from 5:30pm-7pm

Sept. 24th - Dec. 17th

***2 Booster Sessions included in January and February (dates to be determined)**

Workbook and other materials will be provided

Community Mental Health Services

Facilitators: Kelly Bradley, MA and Andriana Hamm, MS

Wayne Hall, 8th Floor

125 West Rosedale Ave., West Chester, PA 19383

Call to reserve your spot: 610-436-2510

www.wcupa.edu/CommunityMentalHealth

Fee: \$20 per session (\$280 must be paid in full at first session; payable via cash/check/credit card)