

Embody

SUMMER BOOK CLUB

STARTS JUNE
3RD

Body Neutral

A REVOLUTIONARY
GUIDE TO OVERCOMING
BODY IMAGE ISSUES

Jessi Kneeland



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


PETERSONNUTRITION/BOOK-CLUB.HTML
OR BY CALLING 804-440-3110


Struggling with Body Image?


Are you feeling stuck in the cycle of self-criticism and frustration with your body?


It's time for a new approach—one that isn't about loving or hating your body, but learning to respect it without obsession.

Book Club Details

 Book Selection: "Body Neutral" by Jessi Kneeland

 Cost: \$240 for the entire program

 Meeting Frequency: Biweekly on Tuesdays
7:00 pm-9:00 pm

 Meeting Time: Starting June 10, 2025-August 19, 2025

 Location: Virtual via Zoom

Why Join Our Book Club?

Community & Support

Connect with like-minded individuals on a journey to food freedom and self-acceptance.

Guidance

Both nutrition and mental health perspectives are explored with trained professionals.

Deep Dive

Nurture a gentler relationship with your body by exploring ideas that honor and respect it—just as it is, without needing to be fixed or improved.

Healing Relationship with Food & Body

Embracing self-compassion, trust, and liberation from diet culture, moving towards body autonomy and body sovereignty.

Inclusivity

We welcome everyone, regardless of their background, to foster a diverse and supportive community.

Books are not provided for the chapter discussions, so securing a library loan or purchase is necessary.

To join us, please register by visiting online at
petersonnutrition/book-club.html
or by calling 804-440-3110

**Join us in this enriching conversation by
reserving your spot today!**