



## Mindful Health and Healing Group

**Teen/Young Adult Therapy Group Meets Wednesdays**

Group 5:00pm-6:00pm

**Adult Therapy Group Meets Thursdays**

Group 6:00pm-7:30pm

**Total Health Concepts**

169 East St. NE

Vienna, VA 22180

Participants will learn how to reconnect with their body through positive self-talk, mindful eating, expressive therapy, and healing meditation. This on-going group will offer a safe and non-judgmental place to talk openly about self-esteem, body image, self-care, relationships and avoiding harmful behaviors. Our team of professionals will offer recovery support and transitional life skills training. Together participants will work towards personal goals and become empowered to live a healthy lifestyle. Each session will focus on a topic related to mindful healing and end with a relaxing meditative practices.

**Total Health**  
Concepts<sup>LLC</sup>

### **Mindful Self-Talk**

Let go of negative thoughts and beliefs to improve relationship with yourself and others

Identify and overcome barriers to change

Enhance body-image and self-esteem

### **Mindful Eating**

Transform relationship with food through mindful eating

Separate physical hunger from emotional needs

### **Expressive Therapy**

Learn to express feelings through journaling, art, and movement

Develop healthy coping skills

Foster greater resiliency

### **Sessions led by:**

**Ginny Inglese, MA, RD, LCSW, CLC, CEDS**

Psychotherapist, Registered Dietitian & Eating Disorder Specialist

**Crista Studer, MS, RDN, LDN, NCC**

Registered Dietitian & Psychotherapist

**Liz Edwards, Counseling Intern**

Recovery Coach

Open Enrollment for Groups  
For More Info and to Register

Call: **703-255-7012**

or Email:

[Ginny@totalhealthconcepts.net](mailto:Ginny@totalhealthconcepts.net)

[www.totalhealthconcepts.net](http://www.totalhealthconcepts.net)