



Mindful Bodies

A mental and physical health and wellness company.



SHAPEDOWN PROGRAM

The Nation's Leading Weight Management Program for Children and Teens

Effective:

SHAPEDOWN was developed by faculty members of the University of California, San Francisco, School of Medicine and includes contributions from nutrition, exercise physiology, endocrinology, psychology, family therapy, adolescent medicine, family medicine and behavioral and developmental pediatrics. SHAPEDOWN uses a **Family Treatment Approach** to help children and teens reduce their weight and maintain their weight loss. SHAPEDOWN is continually reviewed and revised to ensure that it reflects current scientific and clinical understandings. Children and teens in SHAPEDOWN enhance their self-esteem, improve peer relationships, adopt healthier habits and begin to normalize their weight within their genetic potential. Parents feel better about their parenting and about their child and the family becomes healthier and closer.

Efficient:

- Mindful Bodies offers the SHAPEDOWN program in groups and in individual family sessions.
- SHAPEDOWN groups consist of 2-hour-long weekly group sessions for 10 weeks.
- **At least 1 parent/ caregiver & their child/ teen are both required to attend the SHAPEDOWN sessions.**
- Individual family sessions meet on a schedule agreed upon between the SHAPEDOWN therapist and the family
- After families complete either group or individual family SHAPEDOWN, they may attend ADVANCED SHAPEDOWN group meetings which consist of 20 sessions that meet every other week.

Affordable:

SHAPEDOWN Group Sessions cost \$50 per session /per family.

Individual Family SHAPEDOWN Sessions cost \$100 per session/ per family

We accept Medicaid and private pay. Sliding Fee Scale & discounted rates are available.

Sign Up Today for the SHAPEDOWN Program:

Contact Shawnta Wright, Mindful Bodies director, at (919) 812-3172 or swright@mindfulbodies.net.

Mindful Bodies' Offices are located at Northgate Mall in Durham NC



Shawnta Wright, MA, LPC, NCC, is a Licensed Professional Counselor, a National Certified Counselor, an AFAA certified Biggest Loser Pro, group fitness instructor & personal trainer, a licensed Zumba instructor, and the owner of Mindful Bodies. Shawnta has more than 15 years experience working with adults, adolescents, and children. Shawnta's specialty counseling areas include weight management, stress management, self-esteem, marriage and family therapy, parenting, domestic violence & sexual assault. Shawnta has a Bachelors Degree in Psychology from UNC Chapel Hill and a Masters Degree in Agency Counseling from NCCU. Shawnta is also the former coach of the Durham Senior Divas & Dude Cheerleading Team.