

Insights on Aging

Body Positivity at Any Age

COMMUNITY EDUCATION PROGRAM

Body shaming has long existed, but in today's media-saturated and image-focused culture, it has become more visible and harder to escape. As bodies naturally change in older adulthood, navigating these judgments can feel especially challenging, with commentary coming from everywhere—from popular media to our closest friends and family. Body positivity, or the practice of celebrating and valuing all bodies, offers one powerful antidote to these messages of criticism and self-doubt. This presentation will help participants better understand what body positivity means, how to apply it in daily life, and how it can support self-esteem and quality of life for older adults.

SPEAKERS:

Lisa Andrews, LCSW, CJE SeniorLife,
Counseling Services Clinical Supervisor

Sarah Valeika, CJE SeniorLife, Counseling Services Clinical Intern



Friday, March 13, 2026 • 11 am–Noon CT
Free, virtual event.



**CLICK OR SCAN
HERE TO REGISTER**



or go to www.cje.net.

After registering, you will receive a confirmation email containing information about joining the Zoom meeting. For more information contact Lisa Andrews at lisa.andrews@cje.net.

CJE Counseling Services offers a full range of older adult behavioral health services. This includes individual supportive counseling, psychotherapy and support groups, as well as family and caregiver support available in CJE offices or as Telehealth.

cje SeniorLife
Jewish values for positive aging



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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