



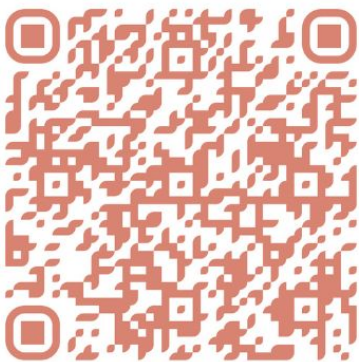
SANATIVE COUNSELING
AND WELLNESS CENTER

BEYOND THE MIRROR

BODY IMAGE WORKSHOP

Join us for **6 sessions**
designed to help you

- challenge negative self-talk
- break free from unrealistic beauty standards and
- reclaim your relationship with your body.



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learn more!**

**TUESDAYS
7PM | ONLINE
Starting
May 2025**

