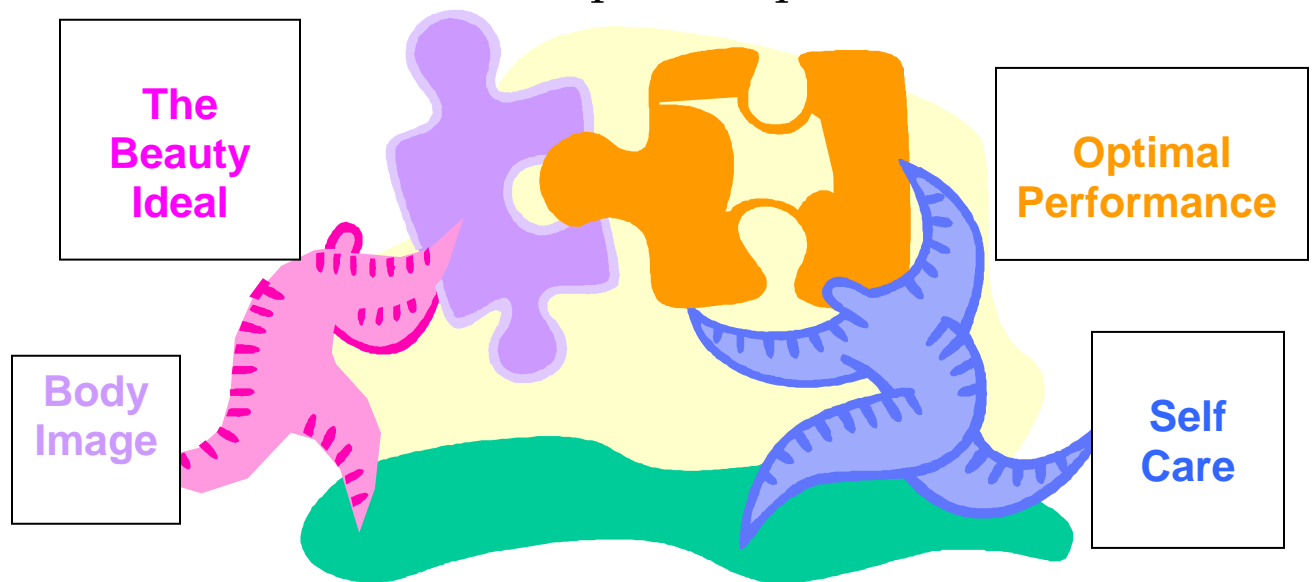


# The Body Connection

The Body Connection is a psychoeducational group where women can learn to appreciate, connect with, and care for their bodies in a healthy way. Group members will have an opportunity to delve into topics such as body image and food, as well as their beliefs and fears about beauty ideals. We'll also be exploring concrete strategies for how to strive for balanced lives and optimum performance.



*Please call for registration information.*

*For more information, contact Roxanne at 954-262-7050*

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