



I LOVE MY BODY group

Facilitated by: Margie Mader, LMFT, CHt

Margie@growandheal.com

954-876-8001

You will learn how to:

- Uncover the messages that have influenced your relationship with your body, food, and exercise
- Develop a health-centered vs. weight centered approach to self-care
- Listen to your body's wisdom to live intuitively
- Develop and practice self-love through the use of practical tools and exercises
- Inhabit your body with confidence and joy

groups are: 60 minutes, 1x/week, for 6 weeks

(Mondays 7-8 pm) starting 1/18/16 cost: \$40/week

Growth and Healing Wellness Center

2901 West Cypress Creek Road, suite 114, Fort Lauderdale