



# MASTERING MY BODY

## Group for Men

Facilitated by: Margie Mader, LMFT, CHT  
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You will learn how to:

- Develop a health-centered vs. weight centered approach to living
- Listen to your body's wisdom to thrive intuitively
- Uncover the messages that have influenced your relationship with your body, food, and exercise
- Develop and practice self-acceptance through the use of practical tools and exercises
- Take command of your body with confidence

Groups are: 60 minutes, 1x/week, for 6 weeks  
(Mondays 7-8 pm) starting 8/22/16 cost: \$60/week

Growth and Healing Wellness Center  
2901 West Cypress Creek Road, Ste 114, Fort Lauderdale