

SHARE. LEARN. HEAL.

JOIN THE SELF LOVE REVOLUTION!



# BODY & FOOD PEACE GROUP

PRESENTED BY GRIT THERAPY

Join us virtually

**Every Tuesday from 5:15p to 6:15p**

for a guided discussion with a body image and eating disorder specialist  
centered around healing your relationship with food and body.

**For women who want to experience more peace and acceptance**  
including those struggling with body image, unhealthy eating patterns, and/or  
an unhealthy relationship with exercise.

**RSVP: [jane@grittherapy.com](mailto:jane@grittherapy.com)**

**[www.grittherapy.com](http://www.grittherapy.com)**

Cost is \$10 per session, financial assistance available