



Ages 18 and up

\$10 per session
(\$5 for WCU students)

**Please call to
schedule a brief
intake**

(610) 436-2510

Healthy Body Image Group

THURSDAYS
STARTING MAY 3
3-4 PM

- Learn skills to promote more positive body image
- Identify and challenge negative beliefs related to body image and self-esteem
- Get support from facilitators and group members

**COMMUNITY
MENTAL
HEALTH
SERVICES**

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