

November Lunch 'N' Learn

Body Image and U!

Nov. 12, PH/E-Tower Basement Gala Room

Nov. 18, SFMC/2nd Floor North Care Bldg, Julie Penrose Break-room

Time: 12:05-12:35 p.m.

Appreciate the unique body you were given!

Join Sharon Jacob to help understand how your perceptions and feelings about your body affect the choices you make in life.

Learn tools to love your body again and look your best for the holiday season. Your power to change your body image is far greater than your power to change your body.

Allow your inner beauty to shine!