



Body Kindness

A WORKSHOP FOR TEENS

Turn self-criticism into self-confidence

Get the real facts about weight and nutrition

Cultivate appreciation for your amazing body

Challenge media messages about beauty and health

Therapeutic  Oasis
Boca Raton Office

Begins October 6th
Thursdays 5-6:00 pm
\$360 for 8 weeks

Call to Register
561.278.6033

TherapeuticOasis.com



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