

Loving Yourself from the Inside Out

An Experiential Group experience for Women

- ✧ Learn how to empower yourself
- ✧ Gain tools for creating and holding healthy boundaries
- ✧ Experience vulnerability, trust and connections, in a safe environment
- ✧ **Learn to love yourself!**

CHOOSE FROM 2 TIMES:

Tuesdays 6:30-8:00pm

Sept 12, 19, 26, Oct 3, 10, 17, 24, 31, Nov 7

OR

Wednesdays 10:00-11:30am

Sept 13, 20, Oct 4, 11, 18, 25, Nov 1, 8



WHERE:

LWCA, 18805 W Catawba Ave, Ste. 206, Cornelius

FEE & RESERVATIONS:

\$480.00/8 Sessions. \$60 weekly, or save and pay in full \$450.00.

Commitment to all 8 sessions is required. Reservations and payment due by Sept 6.

**In person screening is required*

If curious, please contact:



Jennifer Roach, MA, LPCA
704-796-1918 or
jennifer@livingwellcc.net