


BODY IMAGE WORKSHOP

SUNDAY,
OCTOBER 27
1:00-3:00PM PT

Create a New Body Image through the 12 Steps.

Zoom Link: <https://us02web.zoom.us/j/86834871890>

ID: 868 3487 1890



Changing our old beliefs and challenging our self-criticism, we can embrace our strengths and who we truly are. This nurturing workshop will encourage self-love and resilience, guiding us all toward a journey of body image acceptance and healing.

All are Welcome. No registration is necessary.

The 7th Tradition will be observed.

You may donate here: oasandiego.org/seventhtrad

Offered by the San Diego Intergroup. Questions?

Contact Elyesse at workshops@sandiego.org

