

A Valentine's Gift

For you,

From you

Maintaining a Positive Body Image

- ♥ Relax and rejuvenate as you absorb information.
- ♥ Bring a friend.
- ♥ Learn the signs of eating disorders so you can help your friends, your children, your students and maybe yourself.

Find out more about eating right to stay healthy

10:00	Eating Disorder, A Mother's Story
11:00	Nutrition & Healthy Eating
12:30	Eating Disorder , A Personal Story
2:00	Self-Defense Training
3:00	Guided Meditation on Positive Body Image

- ♥ During breaks in the program enjoy refreshments and
 - ♥ Treat yourself to a massage.
 - ♥ Enjoy a paraffin hand treatment.
 - ♥ Try a Reiki treatment or foot detoxification



February 11, 2012
United Church of Christ
570 Klem Road
Webster, NY

For more information:

www.moonshadowspirit.org

Free Admission