

Are you *constantly* thinking about your weight?

Does it seem like your life is controlled by it?

Are you looking for a way out?

Brookwood Counselling Center invites you to an info session on body image, self-esteem and the relationship between feelings and eating.

We invite those who meet the following criteria:

- Women
- Ages 18+

Presenters:

Laura Bull, M.A. (cand.) Counselling Psychology

Leah Hartman, M.A. (student) Counselling Psychology

Mike Dadson, M.A., Ph.D (cand.) Counselling Psychology

**The info session will take place Wednesday, February 23, at 8:30pm
at Brookwood Counselling Center, #107, 20103 40th Ave, Langley BC**

Cost: \$15/person (+HST) = \$16.80

(This session is partially sponsored by Brookwood Counselling Services)

Please RSVP to reserve your spot:

E-mail: lauraebull@gmail.com

Phone: 778.278.3411

