



WOMENS SUPPORT GROUP - BEGINNING MARCH 5TH



Healing Together

A supportive community for women to meet like-minded women, process toxic diet culture and weight stigma messages, and learn helpful tools to approach a more holistic view of what it means to exist as the healthiest version of oneself.

Tuesdays at
10am CST / 11am EST via Zoom.
\$65/group with a 6 week commitment
ashley@ashleyvicaricounseling.com
to join!