



HEAL: Healthy Eating & Abundant Living

This eight week group provides the opportunity to

- Explore your personal body image story
- Discover freedom in your relationship with food and body image
- Explore how your body, mind, and spirit can be renewed and grounded in faith
 - Challenge strongholds
- Begin living the life you were created for

To reserve your spot for the next group or get more information, please contact Katy Martin, LPC at katy@avenuescounselingcenter.org or 314-910-1394.



“To experience authentic healing and restoration, we need to focus on something bigger than ourselves. HEAL is about bringing God into the center of your life and giving him the struggles with your body, weight, and eating.” HEAL, pg.17

