

FIT MIND/FIT BODY WORKSHOPS

NOW FORMING

Do you have the desire to simply feel better and become healthier, but have a love/hate relationship with your food, body and/or workout routine?

Having a healthy lifestyle is crucial to achieving balance in our busy lives. A healthy lifestyle gives us the energy and stamina to accomplish all we need to in this hectic society.

This workshop will help you to develop the habits, motivation or desire to achieve YOUR desired lifestyle. It will aid you in identifying and removing mental barriers that are impeding you from achieving your goals.

The Fit Mind, Fit Body Workshop will give you the mental workout you need to discover how your relationship with food, body and workout program is holding you back from that healthier lifestyle you crave.

Talese Fernbach, MASEP will lead the Fit Mind, Fit Body Workshop. She has worked with many individuals and groups on unlocking their unhealthy and limiting habits, beliefs and attitudes towards their relationships with their food, body and workout programs. Talese is very successful in helping people achieve their goals.

Details of the Fit Mind, Fit Body Workshop include:

- 4 workshops
- Each workshop lasting 75 minutes
- The group will be limited to 5-8 clients
- \$35 per workshop fee or Discounted to \$120 for pre payment of all 4 workshops.

For further details, or to sign up,
Please contact Tamera Benedict, Practice Manager 562-498-5900 x22

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