



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BODY POSITIVE POWER

**The Body Project**  
**4-Week Series**  
**Saturdays 9:30–10:30 AM**  
**April 21—May 12**

Do you like what you  
see in the mirror?



**If you don't, you're not alone. Studies show up to 91% of American women suffer from body dissatisfaction.**

The Body Project is a four-session group aimed at helping women of all ages, shapes, and sizes feel better about their bodies. This program has been found to improve body satisfaction and help prevent food issues, and improve school, work and social functioning for hundreds of women across the US.

The classes, held in the Kerry Nutritional Education Center at the Ironworks Branch, consist of group discussion and activities, led by Kortney Karnok, Wellness Coach & Body Image Expert. \*The first class will be held in the Conference Room. Register online or at the front desk by Thursday, April 19th. Spots are limited to female teens, 14-18. Contact Kortney at [Kortney@kortneykarnok.com](mailto:Kortney@kortneykarnok.com) for any questions.

**Members: \$35**

**Community: \$60**

**For girls ages 14-18**