



FUEL

Meeting Schedule (Every Other Tues)

- Dec 6
- Dec 20
- Jan 3
- Jan 17
- Jan 31
- Feb 14
- Feb 28
- Mar 13

6:00-7:30pm

Clip & Save ✂

FUEL your MIND...FUEL your BODY...FUEL your SPIRIT!



FUEL

**Self-Image & Anxiety
Support System for TEENS!**

Ever feel like no one understands or that people just “*don’t get it?*”

Come meet people who DO!

Positive Features of Our 8 Week Program :

- Meet others with similar challenges in a *Relaxed & Fun* Environment
- Strengthen Self & Body Image
- Learn Mindfulness & Relaxation
- Therapeutic Art Projects

These lessons will last a lifetime!

Call or email to sign up...

864-631-1035 or 864-382-0145

lynnvictory@charter.net

Facilitated by Experienced Eating Disorders Counselor



Lynn Victory

MA, RD, LD, LPCI



www.lynnvictoryrd.com

**\$40/Session or \$280/8 Sessions
(8 Weeks paid in Advance saves \$40)**