



# Body Positivity

Learn about developing a positive relationship with our bodies and see how this leads to joy and improvement in our mental health. Join us in embracing your shape in a healthy way.

**Body Positivity**  
**Wednesday, January 12**  
**12 p.m. – 1 p.m.**

**Register Now**

**Space is limited.**



**Earn \$250 or more with NJWELL!**  
Call a Horizon Health Guide  
at 1-800-414-SHBP to get started.

