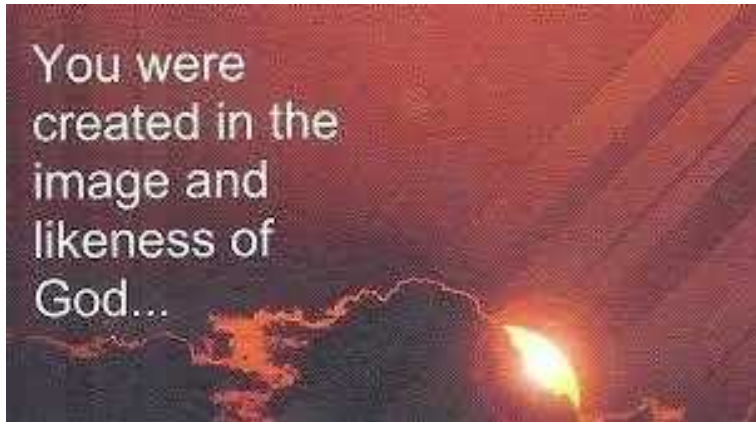


# Our Body Image - 10 Week Course



Location **South East, East Sussex**  
<https://www.freeadsz.co.uk/x-501378-z>

You are invited to a 10-week course on the importance of your body image.

Together we will go through some teaching on how to feel good about yourself.

We will explore the biblical principles of being made in the image of God and why looking after your body is so important.

You will have an opportunity to complete a wellness check each week and aim towards your own personal plan.

Cost is £3 per week which includes a complimentary health shake (normally £3) and teas/coffees.

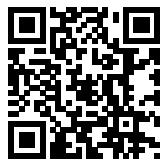
There will be an opportunity for open discussion, meet new friends and further develop the relationships that you have.

Everyone is welcome. There will be toys available for children! <http://soulfood>



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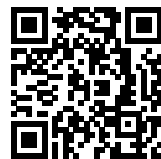
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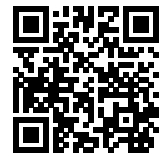
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