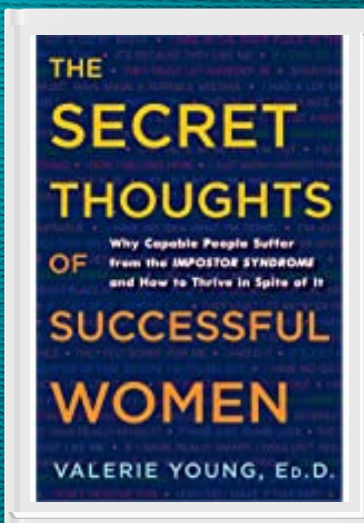


EMBODIED SUMMER BOOK CLUB

PRESENTS...



DATES & TIME

Every other Thursday Starting
June 15, 2023–August 24, 2023
7:00 pm–9:00 pm

HOSTED BY

Elisabeth Peterson RD, CEDS–S
Laurie Manns, LPC, CSAC

LOCATION

100% Virtual via private **Zoom** link.
It's a support group atmosphere
allowing for us to create a safe
space for those in attendance

COST

Early Bird
Registration
by June 8
is \$199

Regular
Registration
June 9–13
is \$330

40% off
\$199

WAYS TO SIGN UP

804-440-3110 

petersonnutrition.com/book-club.html 

WHAT THE BOOK CLUB IS ALL ABOUT...

"The Secret Thoughts of Successful Women" by Valerie Young. provides insights into the experiences of women with imposter syndrome and offers practical strategies for overcoming it.

This is a 6-session series that will meet virtually via Zoom and will run bi-weekly on Thursday evenings starting June 15, 2023-August 24, 2023 from 7:00pm-9:00pm.

We welcome women of all ages and backgrounds who want to overcome imposter syndrome and achieve their full potential.

**To join us, please register by visiting online at
[petersonnutrition/book-club.html](https://petersonnutrition.com/book-club.html)
or by calling 804-440-3110**

Space is limited and we ask that you register for the group no later than June 13, 2023.

If you have questions about this group, please feel free to email us at elisabeth@petersonnutrition.com or laurie@lauriemann.com

We look forward to hearing from you and starting our journey of self-discovery and empowerment together