Self-Confidence, Self-Esteem and Body Image

Thursdays from 11:00 to 12:15pm
Beginning February 23, 2012

- 4 – 5 weekly workshops focusing on enhancing your self-esteem and self confidence.
- Learn how your body image is connected to your self-esteem and self confidence.

To sign up, please contact Linda Karmelich
714-744-7081
karmelic@chapman.edu for a pre-group interview and to reserve your spot.