

# Body Positivity

Join Rachel Lendner for a body positivity session to boost mental health and discover your own "healthy numbers."

**Body Positivity**  
**Tuesday, July 22**  
**12 p.m. - 1 p.m.**

**Register Now**

**Space is limited.**

**Questions?**

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

