

CLIMBING TOWARDS BODY NEUTRALITY

SCALING NEW HEIGHTS FOR AFFIRMATIONS!

IT'S OKAY
TO HOLD SPACE
FOR FEELINGS
THAT COME UP
WHEN OUR
BODY DOES
NOT FUNCTION
HOW WE WANT
IT TO.

I CAN LEARN
TO RESPECT MY
BODY FOR
WHAT IT IS AND
HOW IT HAS
CARRIED ME
THROUGHOUT
MY LIFE.

MY BODY IS
WORTHY, NOT
JUST FOR HOW IT
LOOKS, BUT FOR
EVERYTHING IT
ALLOWS ME TO
EXPERIENCE
AND DO.



Visit [NEDIC.ca](https://nedic.ca) to access support through our confidential helpline or live chat!