



## Join Us For Mission: Beautiful!

### A Workshop Full Of Tips Every Woman Needs To Love Herself Inside And Out!

We have gathered 4 amazing professionals to help you feel better about yourself inside and out. In this 3 hour workshop, we will give you hair, make-up and wardrobe tips, as well as strategies to improve your self-esteem and body image.



You know and love Jessica Ferguson from The Morning Zoo on 97.1 ZHT, but did you know she is a skin care and make-up expert? She will be sharing her make-up tips with you to help you feel fabulous!



Alicia Richmond, owner of Chic On A Shoestring, is an expert fashionista and wardrobe stylist who regularly appears on television and radio. She is skilled at finding amazing looks for every shape and size and she'll be sharing her expertise with you.



Michelle Lewis, LCSW owns Salt Lake Weight Counseling. She is an expert in emotional eating and body image. She will be teaching you how body image forms, why we criticize our bodies, ways to feel better about your body, and how to stop negative self-talk in its tracks.



Chase Hubbard is an expert stylist at Cake Hair Salon. She will be showing you which styles will be most flattering for your face shape.

Saturday February 7<sup>th</sup> 9am-12pm  
University Park Marriott- University of Utah

[www.SLWeightCounseling.com/workshops](http://www.SLWeightCounseling.com/workshops)

