



**AHB Psychological Services, PLLC**

# **THE FIT (INSIDE & OUT) CLUB**

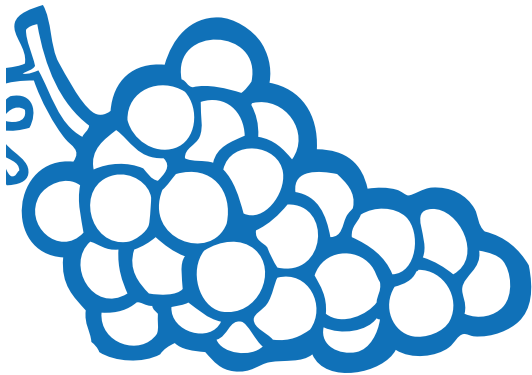


## **TOPICS INCLUDE:**

*Nutrition, The Mind Body  
Connection, Body Care,  
Exercise, Weight Loss, Body  
Image and More...*

Teenage Ladies  
ages 12 and up

8 weeks beginning  
January 14th  
Saturdays,  
11am-12:30pm



AHB Psychological Services  
1415 West NC Hwy. 54, Ste. 113  
Durham, NC 27707

Call 919-401-8090 Ext. 1005  
or Register at Front Desk