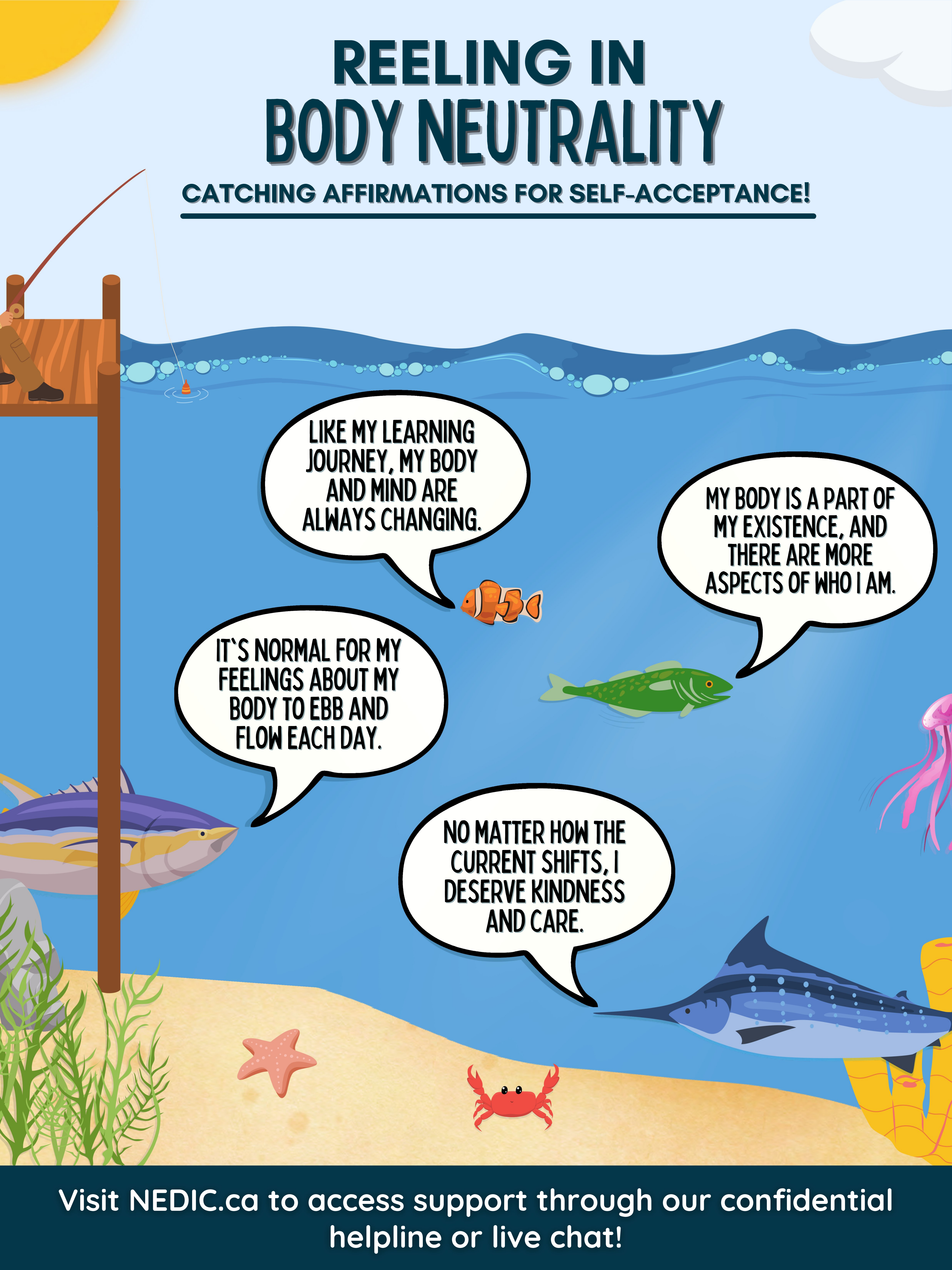


REELING IN BODY NEUTRALITY

CATCHING AFFIRMATIONS FOR SELF-ACCEPTANCE!



LIKE MY LEARNING
JOURNEY, MY BODY
AND MIND ARE
ALWAYS CHANGING.

MY BODY IS A PART OF
MY EXISTENCE, AND
THERE ARE MORE
ASPECTS OF WHO I AM.

IT'S NORMAL FOR MY
FEELINGS ABOUT MY
BODY TO EBB AND
FLOW EACH DAY.

NO MATTER HOW THE
CURRENT SHIFTS, I
DESERVE KINDNESS
AND CARE.

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helpline or live chat!