



# Elevate Your Legacy Group

Are **unresolved issues** sabotaging your body image, behaviors, relationships, happiness, and career?

Are you grappling w/ **perfectionism, codependency, setting boundaries, unworthiness, or people-pleasing?**

Do you have **complex dynamics** with your parent(s) and/or siblings?

Do you want to improve **inter-generational patterns?**

Even the most "successful" people are plagued by "imperfect" childhoods. **Free yourself** from restraints and live a more fulfilling life.

**Join us to embark on a journey of up-leveling your life and legacy.**



## Facilitated by:



Justena Kavanagh



Sabrina Rothschild

- Accepting New Members
- Meets virtually
- \$100/session
- Discounts for prepayment
- Easy out-of-network reimbursement

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