



## Join Us!

### LGBTQ+ 15-18 year olds

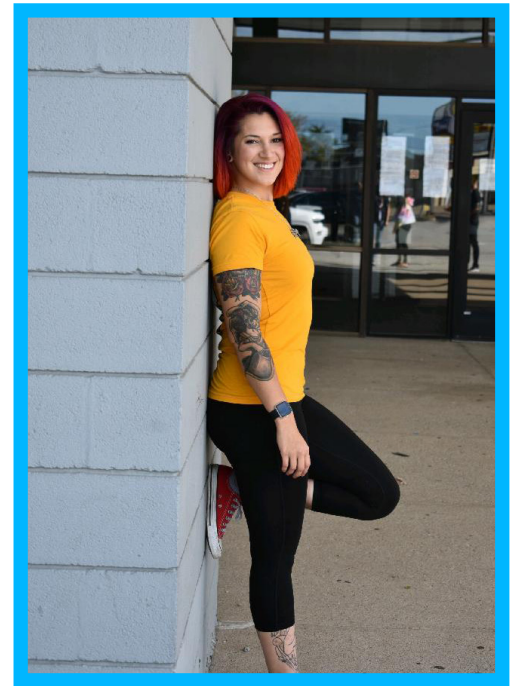
**Time:** Thursday, 12/17, 4-6 pm.

**Guest Speaker:** Ray/Rachel Lohr, LSW. Rachel is a body-positive health coach studying to be a personal trainer. Ray is also an LGBTQ+ competent clinician here at Journey.

**Topic:** Taking Pride in your own body and learning how to reach your goals. She will also offer personal training tips and help participants form goals geared towards LGBTQ+ adolescent bodies.

**Location:** Must register to attend, via google meet link or in-person (provided it is safe). Limit 8 people in-person.

**Details:** We are assembling "gym bags" for participants to take with them. They will have various things related to Ray's topic. Pick-up or Delivery with enough advance notice.



[REGISTER NOW](#)



2230 W. 8th St. #2 • Erie, PA 16505 • Tel: (833)487-5769