**Transforms**

Transforms is a healthy mind and body group for ladies struggling with body image and bound by an unhealthy relationship with eating. We have been operating for around three years now and currently meet twice monthly on Monday evenings during term time from 6pm via Zoom. Transform is a very friendly and safe group where we can be open about our struggles and support one another. We welcome new members to join us for fellowship, teaching, discussion and prayer. You don't have to be on a diet to come!

Thanks

Jo