

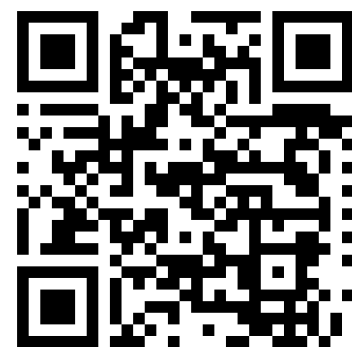
GLP & You

For people taking a GLP1*

Online Group

www.integrated-counseling.com

Sharing & Support
Food, muscles & GLP-1*
Social & body changes
Mental health
Feel your best!



*Make the most
of your health journey!*

To Inquire or Join:



Karen Keys, Owner, LMHC, CHC
NY licensed counselor and health coach
kkeys@integrated-counseling.com
917-818-0885

Online Mondays 6:30 - 7:45

Check website for latest schedule

*Ozempic, Wegovy, Zepbound, Trulicity, etc.