

# Embrace

One woman's journey to inspire everyBODY

**Brought to  
you by:**

Have  
Your Cake  
&  
Eat it Too!

A GENTLE APPROACH  
TO FOOD,  
YOUR BODY & YOURSELF

Screening followed  
by a brief Q&A

**SEE THE FILM!**  
**Regent Theatre**  
**1/30 at 7:30pm, \$13**



**For Tickets: [HaveYourCakeEvents.com](http://HaveYourCakeEvents.com)**

**Due to a minimum ticket requirement PLEASE RESERVE YOUR TICKETS ASAP!**

*You will not be charged until the minimum has been met.*