INCREASE CONFIDENCE. STOP NEGATIVE BODY TALK. DECREASE EATING CONCERNS.

The UNH Body Project

CHANGE YOUR MIND, NOT YOUR BODY
A group for all students that uses discussion & activities to challenge social pressures & media messages around body image.

WHAT UNH STUDENTS ARE SAYING

“Group was fun & supportive. It gave me a safe place to talk about issues that I just couldn’t talk about with friends.”

“I have started feeling better about the way I look...it’s a work in progress but the group gave me the tools to start.”

“So much fun—I benefited from the body project so much. I think it should be a full time course—it is so amazing, the people in it are awesome.”

STARTS FEB. 26
Meets on Fridays for 6 weeks from 10:10 a.m. -11:30 a.m.

REGISTER ONLINE
unh.edu/health-services

Meets for 6 weeks (February 26, March 4, 11, 25, April 1 and 8) in Health Services. Registration is required. All ages and genders welcome. Facilitated by Health Services & the Counseling Center.