Negative body image is a risk factor for the development of an eating disorder.

The purpose of the body project is to improve body image of male & female students.

Consists of 2 sessions, 2 hours each.

In each session students will:

- Critique media messages about the thin and muscular body ideals
- Discuss ways to advocate for a culture of body acceptance for all genders

Become a Body Project or become a Trained Facilitator!

Want to learn more?

Visit bodyprojectsupport.org/background for more information about the Body Project.

If you are interested, contact the Center for Health Advocacy & Wellness at 850.644.8871 or e-mail thebodyprojectfsu@gmail.com