

The Body Project

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