TUESDAY, FEB. 9 | 7–8:30 P.M. | Evans Hall, Room 202
Saloni Taneja, M.A., M.S. and Mary Kate Miller, M.S.

In the age of social media and advertisements galore, it can be hard to maintain a positive view of you! Come learn about healthy body image and self-esteem, as well as eating disorder awareness, so you can embrace yourself and those around you for who you all are! You will have a chance to win a prize too!

TUESDAY, MARCH 1 | 7–8:30 P.M. | Olin Life Sciences Building, Room 130 (Auditorium) Mara Rowcliffe, M.S., and Saloni Taneja, M.A., M.S.

Spring Break is well on its way, and we are all looking forward to a school holiday away! Come learn how to keep yourself safe during the break, including safer partying tips and sun safety! You will have a chance to win a prize too!

TUESDAY, MARCH 22 | 7–8:30 P.M. | Evans Hall, Room 202
Lauren Mazur, M.S., and Mary Kate Miller, M.S.

LGBTQI… Do you know what these mean? Let’s talk about equality and learn more about your own and others’ identity! From difficulties “coming out” to the terms best to use when getting to know and understand others, we have the info! You will have a chance to win a prize too!

TUESDAY, APRIL 5 | 7–8:30 P.M. | Olin Life Sciences Building, Room 130 (Auditorium) Mara Rowcliffe, M.S., and Mary Kate Miller, M.S.

Do you feel like you struggle to maintain good boundaries with others? Do you know what constitutes consent? Do you want to have better relationships with others? Come learn about healthy relationships from friendships to romance! You will have a chance to win a prize too!

Sponsored by Counseling and Psychological Services (CAPS)
FOR MORE INFO: 321-674-8050 or fit.edu/caps