Embrace a Healthy Body Image and Self-Esteem

In the age of social media and advertisements galore, it can be hard to maintain a positive view of you! Come learn about health, 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, February 9th
7:00 – 8:30pm
Evans Hall, Room 202

For more information, please contact:
Counseling and Psychological Services (CAPS) at 321-674-8050
or visit our website at www.fit.edu/caps