Body Positivity Workshop

Ready to increase your body positivity? This summer join the 5-week Body Positivity Workshop to develop knowledge and skills to challenge the body image ideal and increase your body esteem.

This workshop will use The Body Project curriculum which is a dissonance-based body acceptance program. This program has been published in several studies and has shown to be effective intervention to improve body image and reduce the risk of disordered eating.

**When:** Starts Friday July 14th and concludes Friday August 11th. Workshop meets once per week, for 5 weeks. Participants must attend all 5 workshops

**Time:** 1 – 1:45 PM

**Where:** The 27 Lounge of Dick’s House (on the 2nd floor)

**Register here:** [https://goo.gl/forms/CXRAwARvyD1tcs1k1](https://goo.gl/forms/CXRAwARvyD1tcs1k1)

Email Shira.B.Evans@Dartmouth.edu with any questions or concerns.