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Body Image Support Group

For more information or questions please contact Angie Sutphin at [asutphin@odu.edu](mailto:asutphin@odu.edu) or 757-683-5130



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photo here.

Do you wish you felt better about yourself or your body? Are you looking for ways to develop more compassion and appreciation for yourself? If so, please join us in a discussion to navigate these feelings.  Connect with peers with similar concerns and issues and learn to move away from unhelpful thinking and behaviors.  Together we can explore what impacts our self-image and how to cultivate a positive relationship with our bodies.

*Co-Sponsored by Counseling Services and Health Promotion*



When: Wednesdays

Time: 4-5PM

Where: Student Recreation Center conference room

Upcoming dates April 10, 17, 24 2013. This will be an ongoing group, come when you can, all are welcome

**Do you spend more time thinking about your weight and food than concentrating on your classes??**