



WHEN YOU LOOK IN THE MIRROR, WHAT DO YOU SEE?

MSU PEER BODY PROJECT

Join this **free**, interactive workshop designed for undergraduate women to improve body image and challenge cultural standards of beauty.

In these workshops, you'll:

- **Connect with others** by joining a group of 6-12 MSU students
- **Learn to promote and practice body acceptance** from trained peer leaders
- **Meet for one hour each week** for four weeks

Participants who attend the Peer Body Project meetings & complete the pre- and post-surveys will receive a **\$10 Amazon gift card**.

Groups are available:

- Sundays at 6 p.m. (Oct. 3, 10, 17, 24)
- Tuesdays at 6 p.m. (Oct. 5, 12, 19, 26)
- Wednesdays at 7 p.m. (Oct. 6, 13, 20, 27)

Register by September 30: bit.ly/2VbNwvM

Questions? Contact Karen Giles-Smith, MS, RDN at gilessmi@msu.edu

