

# LOVE Your Body



Join us for a 3-part series discussion on body image & self-esteem.

All are welcome!

Each session will be held in the **Women's Center** at 7pm.

Dates and topics are as follows:

Tues, Sept. 20th - *Culture, Media & YOU*

Tues, Oct. 25th - *Reshaping Body Image*

Tues, Nov. 15th - *Visualizing Confidence*

