

# BODY *Positivity* WORKSHOPS

These workshops provide an overview of positive body image and the media. Through interactive discussions of beauty standards and activities for challenging negative body talk, participants will be encouraged to think positively about themselves and focus on true beauty, rather than unrealistic ideals.

SPRING 2019  
Free #BeWellUGA Events  
FYOS-Approved  
#BeYOUatUGA

**WEDNESDAY, JANUARY 30**  
5PM • MLC 367

**MONDAY, FEBRUARY 25**  
6PM • MLC 251

**TUESDAY, MARCH 5**  
6PM • MLC 251

**THURSDAY, APRIL 11**  
6PM • MLC 251

Hosted by the BeYou Body Positivity Peer Educators



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