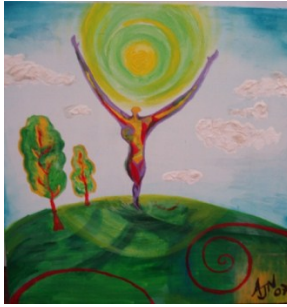


# Body Esteem Boot Camp

## FREE 6 Week Workshop Series to Increase Positive Body Image

Thursdays 3:00-4:30 PM (Drop in for any of the sessions)

Counseling and Psychological Services (CAPS) | IU Health Center



Do you often criticize your body?

Do you often compare your body to the bodies of celebrities?

Do you feel like your body image keeps you from getting close to others?

Do you want to feel better about your body, yourself and your relationships?

If YES, then Body Esteem Boot Camp is for YOU!

### Boot Camp runs from 9/19-10/24 and topics Include:

Week 1: Defining Body Esteem

Week 2: Talk Back to the Media

Week 3: Defining Ourselves: Family & Cultural Perceptions

Week 4: Mindfulness: Increasing Our Awareness

Week 5: Getting Intimate: Body Image and Relationships

Week 6: Wrap Up and Review

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**Series Facilitated By: Stefanie Greenberg Mokhtarian, Ph.D., H.S.P.P.**

If you have any questions about this workshop series, please contact Dr. Mokhtarian at 812-855-5711 from 8am to 4:30pm Monday – Friday

image credits go to <http://www.healthright.org.au/>

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