EMBODIED

A talk with
Connie Sobczak

Co-Founder and Executive Director of
The Body Positive

Author of
Embody: Learning to Love Your
Unique Body
(and quiet that critical voice!)

Friday, March 1, Noon-1pm
Tang Center*

Help create a world where people value their unique identities and are liberated from self-hatred so they can optimize their energy and intellect to make positive changes in their own lives, communities, and beyond.

Connie discusses how to do so during this talk as part of Eating Disorder Awareness Week by University Health Services. See the rest of the week’s events on uhs.berkeley.edu/nutritioneducation

RSVP at tinyurl.com/calembodied
Open to student, faculty, staff, and the UC Berkeley community.

*The event will be held in the Education center on the first floor of Tang.
The Tang Center at located 2222 Bancroft Way in Berkeley.