

# EMBODIED

A talk with  
**Connie Sobczak**

Co-Founder and Executive Director of  
**The Body Positive**

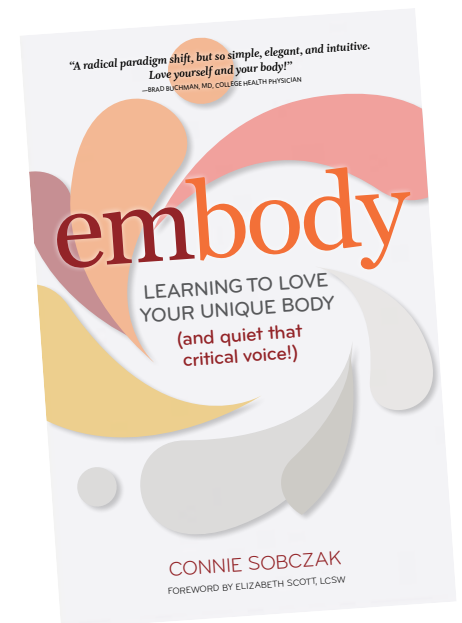
Author of  
**Embody: Learning to Love Your  
Unique Body  
(and quiet that critical voice!)**



**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](http://uhs.berkeley.edu/nutritioneducation)



**RSVP at [tinyurl.com/calembody](http://tinyurl.com/calembody)**

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.

**Berkeley Wellness Fund**



**UNIVERSITY HEALTH SERVICES** Tang Center