



CONNECT WITH YOURSELF

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# BODY & SELF APPRECIATION WORKSHOP

*FREE!*

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A **free** two-day workshop to increase body image and reduce negative self criticism

**FRIDAYS**

**APRIL 5TH & 12TH**

**1:30-3:00**

**UNIVERSITY OF UTAH MINDFULNESS CENTER  
STUDENT SERVICES BUILDING ROOM 344**

E-mail Amber Choruby Whiteley to register at  
[awhiteley@sa.utah.edu](mailto:awhiteley@sa.utah.edu).