Peace Program
Support for Body Image and Disordered Eating

Are you...

• Tired of constantly thinking about eating?
• Dissatisfied with your weight?
• Had enough of feeling anxious or guilty about eating?
• Feeling stressed, drained or low in energy?
• Wanting a more peaceful relationship with your body?

Join our staff nutritionist and psychologist for a program designed to help you develop a more peaceful relationship with food, eating and your body.

PRE-REGISTRATION REQUIRED. E-mail intake@sfu.ca for more information.

For current programs, dates, and times, check the events calendar at:
students.sfu.ca/health/events.html