## MERRIMACK COLLEGE HAMEL HEALTH & COUNSELING

## DO YOU LIKE WHAT YOU SEE? REFLECTIONS. A BODY IMAGE GROUP

Do you often talk or think about how you look?

Are you overly concerned with your weight?

Do you scrutinize what you eat?

Do you complain about your body?

Do you often compare yourself to others?

Do you wish you could feel better about yourself?

The Body Image Group is a forum for students to explore self-concept and learn more about body image, self-esteem, and healthy choices.

This group requires an 8-week commitment and will be limited to 10 members. Day/Time TBD.

For details on how to become a Reflections group member, contact Erin: erin.hetzel@merrimack.edu