

LAVC Student Psychological Services Presents:



# Reshaping Body Image Group

Do you want to enhance your relationship with **body image, food, and exercise?**

Come join us to:

- Practice body acceptance
- Make peace with food
- Improve self-esteem

Every Wednesday from 2-3 pm  
Location: Campus Center 108

Leaders:

Student Psychological Services Counselors  
Supatra Tovar, MS, RD and Bahar Moheban, MA

QUESTIONS?

CALL (818) 778-5708 or visit the Student Health Center

These events are wheelchair accessible. Individuals needing sign-language interpreters, assisted listening devices, large print, Braille materials or any other accommodations should contact Dr. Carl King at [kingcl@lavc.edu](mailto:kingcl@lavc.edu) or (818) 778-5708.

