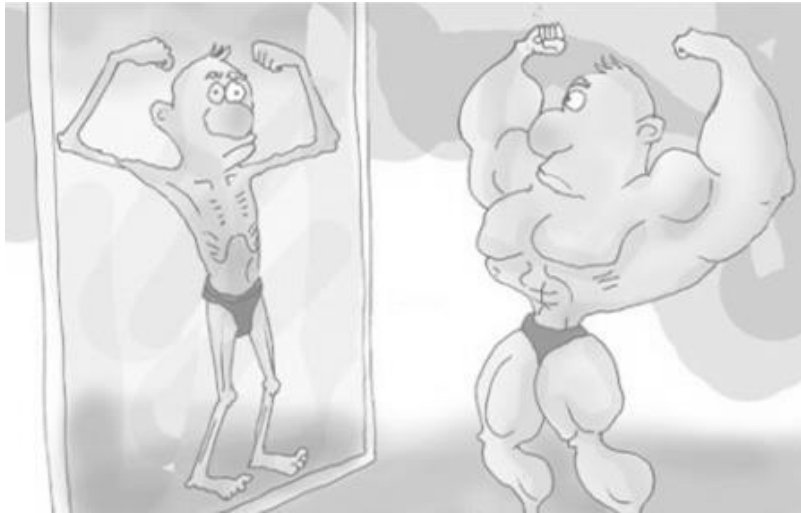




sherbourne HEALTH

distorted reflections



DESCRIPTION

This interactive **body image workshop** will help queer and trans guys explore their relationship to food, exercise and interpersonal connection in a culture that emphasizes rigid body ideals.

WHAT TO EXPECT

Distorted Reflections will be co-facilitated by two queer social workers. The format will include individual exercises, discussion, short videos and group work. Be prepared to do some personal growth work and loosen your grip on “behavior change” goals.

WHEN & WHERE

Saturday, March 2nd, 2019
9:30 am–3:30 pm
(Lunch included)

Sherbourne Health
2nd Floor, Great Hall
333 Sherbourne Street

CONTACT

This is not a drop-in group.
Registration is required.

Please contact:
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