

Would you like to be more accepting of your body?

Body Politics Support Group: Our Bodies, Our Selves, Our Transitions

If you want to find a more accepting way to live in your body, please join us for a confidential discussion.

Many, if not most women struggle to even consider the possibilities of a peaceful, loving, healthy relationship with our bodies across the lifespan. This group is designed for women of all cultures, ethnicities, ages, sexual orientations, abilities, and sizes to explore the personal, interpersonal, and social issues related to size, standards of beauty, food, fat, body image, and self-acceptance. If you want to find a more accepting way to live in your body, please join us for a confidential discussion.

Let us pay attention to all that we are –
our brilliance, our feelings, our true place on this planet,
our inner selves whom we may keep locked up or restrained deep inside.
What if giving voice to all that we are means:
I AM ENOUGH!

Wednesdays | 5:30-7:00pm

Women's Resource Center, 411 Olpin Union Building

Call 581-8030 for information and registration

This group is open to women in the community who are not affiliated with The University of Utah and welcomes all people who identify as women.



The University of Utah seeks to provide equal access to its programs, services, and activities for people with disabilities. If you will need accommodations reasonable prior notice needs to be given to the Women's Resource Center and to the Center for Disability Services, 162 Olpin Union Building at 581-5020 (V/TDD) to make arrangements for accommodations. Such accommodations will be afforded based on the specific disability and as agreed in writing. This statement in no way asks that a person identify her- or himself as having a disability.