



HEALTH & COUNSELLING SERVICES

Counselling

778.782.4615 - Burnaby
intake@sfu.ca
778.782.5200 - Vancouver
778.782.8022 - Surrey
surrey_counsellor@sfu.ca

Health Clinic

778.783.4615 - Burnaby
778.782.5200 - Vancouver

Health Promotion

778.782.4674

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