

BODY IMAGE



Body Image Awareness Seminars (BIAS) is designed to educate and encourage personal reflection about body image.

This six-week program will bridge gaps in conceptual understandings about body image as well as promote personal self-growth in positive body image.

BIAS is designed to be an interactive, activity and discussion-based group program where you will have the opportunity to share your experiences and learnings with other members of the group.

There is no charge to participate.



For more information
or to register, visit:

wellspring.ca/BIAS

Wellspring is a charity that offers professionally-led programs and services to help with the emotional, social, practical and physical needs of people living with cancer. All at no charge.