



**UNIVERSITY HEALTH SERVICES** Tang Center  
*People. Campus. Community.*

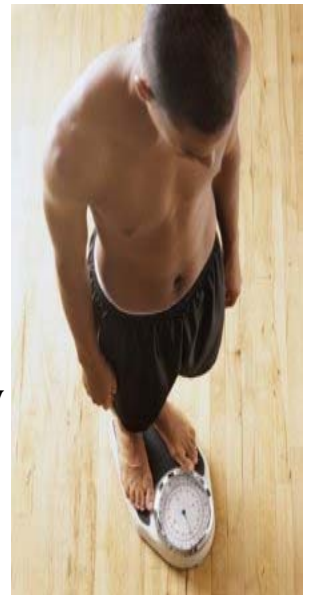
Do you have concerns about the effects of **chronic dieting, weight obsession, and body image?**



*The Tang Center offers a non-judgmental, confidential place for emotional support on your journey to healthy eating*

**Through education, stimulating activities, and group discussion:**

- Explore the relationship between food and mood
- Challenge disordered eating thoughts and behaviors
- Develop a healthier relationship with food and body
- Learn about nutrition and intuitive eating



**Thursdays, 4:10-5:30p.m.**

**March 22 – May 3, 2007**

Tang Center Rm 2024 in Health Promotion

Fee: \$50.00 for the 6 week session

*For more information or to reserve a space, contact Helen Pak, MAR, RD at [hpak@uhs.berkeley.com](mailto:hpak@uhs.berkeley.com) or call 642-5075. Space is limited.*