



I AM ENOUGH

A Body Journey Workshop

Wed. April 12th, 1-2:30PM

San Jose State University, Student Wellness Center Rm. 122



This fun, interactive workshop will integrate fundamental positive body image principles with the development of identity and self-worth. Join us for a chance to share your thoughts and experiences.



Amy Waddle is an Eating Disorder Survivor, Eating Disorder Recovery Advocate for Dancers (Ed-RAD), Mental Health Advocate for Suicide Prevention, Speaker, Writer, Dancer, and QPR Trainer. Her work includes motivational speaking and educational workshops. Now Amy is dancing in recovery by sharing her story in hopes to motivate and inspire others to love and care for their bodies and to know "you don't have to dance through this alone."

This event is wheelchair accessible. Individuals requiring sign language interpreters, real-time captioners, or other accommodations should contact Wellness and Health Promotion at (408) 924-6202 or email Anna.Ang@sjsu.edu as soon as possible.

Light Refreshments Provided