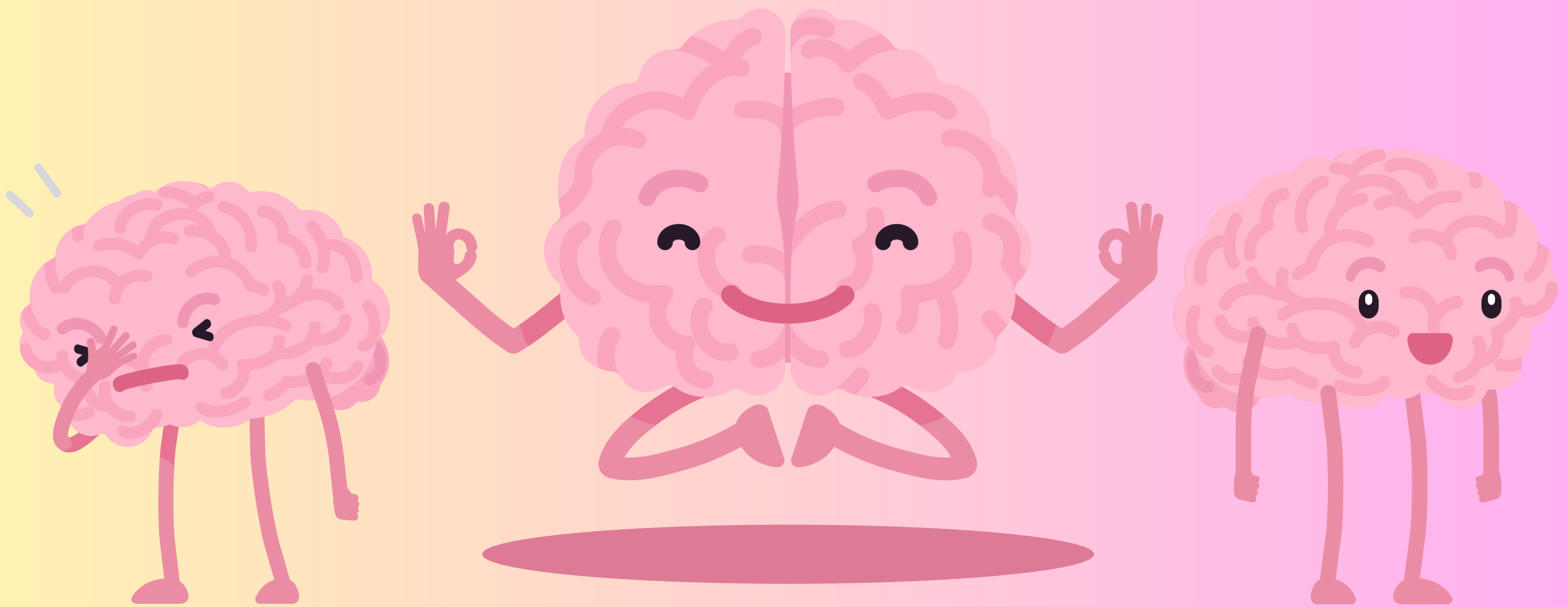


FORMER ATHLETES..! JOIN A STUDY ON BODY IMAGE

“A FEASIBILITY STUDY EVALUATING THE EFFECTS OF SELF-COMPASSION MEDITATIONS ON BODY IMAGE IN RETIRED ATHLETES”



WE ARE LOOKING FOR INDIVIDUALS...

AGED 18+

- **WHO IDENTIFY WITH NEGATIVE BODY IMAGE IDEALS**
- **HAVE COMPETED IN SPORT AT THE NATIONAL, PROVINCIAL, OR COLLEGIATE LEVEL**
- **HAVE BEEN RETIRED FROM SPORT FOR 7 MONTHS - 6 YEARS**

If you are interested, please contact Sarah Hough at sarahhough@uvic.ca or the Behavioral Medicine Lab at bml@uvic.ca / (250) 472-5288



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