

Manager, Student Inform

From: Inform
Subject: EM: Virtual Workshop: Introduction to Body Love with Talia Cooper

From: Alaina Neuburger

Hello all,

Please see below for information on the next event in the Intuitive Eating Speaker Series supported by the Pitzer Campus Life Committee. I hope to see you there!

Introduction to Body Love with Talia Cooper: addressing the double whammy of feeling bad about feeling bad about your body

Wednesday, April 13th, 7-8pm

tinyurl.com/taliacooper

INTRODUCTION
TO
BODY LOVE



Featuring Talia Cooper, body liberation coach

APRIL 13 | 7 PM - 8 PM

ZOOM: [TINYURL.COM/TALIACOOPER](https://tinyurl.com/taliacooper)

This workshop is for anyone who's ever felt negatively towards their own body. We will create a supportive space to learn about the history of the body positive movement, talk about what this means for us today, and share tips for moving towards body acceptance and finding body peace.



Questions? Contact aneuburg@students.pitzer.edu

THIS EVENT IS SUPPORTED BY THE PITZER CAMPUS LIFE COMMITTEE

This workshop is for anyone who's ever felt negatively towards their own body. We will create a supportive space to learn about the history of the body positive movement, talk about what this means for us today, and

share tips for moving towards body acceptance and finding body peace. We'll also have time to stretch, breathe and play.

Talia Cooper is a body liberation coach, social change activist and educator, and singer-songwriter. She became an activist as a young person raised in Berkeley, CA. Talia believes that all people are inherently good, wise, and creative, and that loving ourselves is our birthright. As a coach, Talia supports people who want to learn to accept their bodies and free up more time and energy to pursue their dreams. She loves big earrings, good fiction, dancing to pop music, baking cookies, hiking, and singing in groups. Learn more: www.taliacoopercoaching.com.

Register at: tinyurl.com/taliacooper.

This event was supported by the Pitzer Campus Life Committee and is open to 5C students, faculty, staff, parents, and alumni.

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Alaina Neuburger she/her

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