

**INVITING ADULTS LIVING IN THE A.C.T.
WITH LONG-TERM MEDICAL CONDITIONS*
TO JOIN US**

Empower

BODY ACCEPTANCE SKILLS

A program delivered by psychologists in the ANU Psychology Clinic to help you learn skills to foster body acceptance and well-being. Program includes eight sessions over 12 weeks, free of charge.



**Australian
National
University**

**FOR MORE INFORMATION OR TO EXPRESS
YOUR INTEREST, PH: ANU PSYCHOLOGY
CLINIC 6125 8498**

*Program targets arthritis, asthma, back problems, cancer, cardiovascular disease, chronic obstructive pulmonary disease, diabetes, kidney disease, and osteoporosis. Participants will be invited to take part in research evaluating and developing the group program through completion of surveys at pre- and post-program, and three-month follow-up. Ethical aspects of the research have been approved by ANU Human Research Ethics Committee (Protocol 2021/326). All participants are screened for eligibility prior to participation.