



FEELING DOWN ABOUT YOUR BODY?

**JOIN A MINDFULNESS & BODY IMAGE
STUDY AT UCLA & GET UP TO \$100!**

**-IF YOU ARE OVER THE AGE OF 18 & HAVE
INTERNET ACCESS, YOU MAY BE ELIGIBLE!**

**-TO SEE IF YOU ARE ELIGIBLE, YOU WILL
ANSWER QUESTIONS ABOUT YOUR
DEMOGRAPHICS, MENTAL HEALTH HISTORY,
AND BODY IMAGE**

**-IF ELIGIBLE, YOU WILL TAKE FOUR 1-HOUR
MINDFULNESS CLASSES WITH A TRAINED
MINDFULNESS COACH & FILL OUT
QUESTIONNAIRES**

**If you're interested, email us!
mindfulbodyimage@gmail.com**

**Want more info?
dishlab.org/ops.php**

STUDY CONDUCTED BY DR. A. JANET TOMIYAMA, PRINCIPAL INVESTIGATOR