

Drafted Email for Exclusive Sessions:

Hello (*president/coach/team captain*),

I am the marketing and outreach coordinator for the Linfield Body Project. The Body Project is dedicated to helping female-identifying students learn to combat the societal pressures of the appearance ideal. This ideal holds women to impossible beauty standards that can be detrimental to their self-esteem and mental health.

This semester we are offering exclusive sessions of the Body Project to on-campus organizations. Body image can be a difficult subject to discuss so our exclusive session would include only members of your organization. Our program includes a variety of exercises that help women understand the role of the appearance ideal and learn to reject the societal pressures associated with it. The Body Project is an evidence-based practice which reduces body dissatisfaction and eating-disordered behaviors. We would love to meet with members of your organization to discuss how they can take action against body image issues.

We would like to invite (*name of org*) to participate in a one-time, two-hour session. If you are interested please contact me. We are flexible and available most evenings but please send at least two days which would work for you to ensure that we can set up a session with all our peer educators. By participating in your exclusive session members are automatically entered into a raffle to win a free Linfield Body Project bundle which includes a Body Project t-shirt and body positive stickers and pins.

Thanks,

Rilee Macaluso
Linfield Body Project marketing and outreach coordinator