

MAY 6TH IS INTERNATIONAL NO DIET DAY

BODY PEACE ZONE

*Create a body inclusive
environment in your
community*



PARTICIPATING IS EASY - WE ASK THAT YOU:

- 1** Do not talk about diets, weight, or body size.
- 2** Be non-judgmental about the food choices or eating habits of others.
- 3** Accept and respect all body types.

Let us know
how you are
celebrating
#nodietyday!

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Instagram
@whcwpg



www.womenshealthclinic.org/nodietyday