**Tanning & Body Image**

- **DID YOU KNOW?** Individuals who engage in tanning behaviors are also more likely to use unhealthy weight-control practices.

- Reliance on sunless tanning products, while safer than UV exposure, can still be a form of body image avoidance and may reinforce negative thoughts about your body.

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**$480.00**

Savings from 1 year’s worth of tanning treatments could get you...

- 59 MOVIE TICKETS
- 40 MANICURES
- 222 GALLONS OF GAS
- 2 Apple TVs

You have the power to choose a #bodypositivesummer.

More info at eatingdisorder.org