

S.E.B.A. SPARTANS EMPOWER BODY ACCEPTANCE

REGISTERED STUDENT ORGANIZATION

WHO WE ARE

Spartans Empower Body Acceptance (SEBA), formerly Spartan Body Pride, is a registered student organization (RSO) that is dedicated to raising awareness of eating disorders and promoting positive body image throughout the MSU community.

WHAT WE DO

We collaborate with MSU Student Health & Wellness to plan and participate in a variety of events on campus in an effort to educate other students about important issues related to body image and eating disorders. We are *not* a support group for students with eating disorders. Instead, we promote and provide information about resources that can help students who are struggling with concerns related to food and weight.

HOW TO GET INVOLVED

When you join SEBA, there are several opportunities to connect with other students by participating in a variety of activities and events, such as those listed below:

- Attend monthly meetings
- Participate in campus events during National Eating Disorders Awareness (NEDA) Week
- Attend local NEDA walks
- Raise money for eating disorder awareness
- Advocate for campus resources that support eating disorder recovery
- Get to know other MSU students at potlucks, movie screenings, and craft nights

STAY CONNECTED

Follow us on social media and sign up for our email list to stay informed about upcoming events and meetings.



"LIFE IS TOO
SHORT TO BE

**unkind to
yourself"**



msuseba@gmail.com



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