

## SAMPLE RECRUITMENT LETTER

Date

Dear [insert name of college/university] Student,

We would like to invite you to participate in the *Body Project*, a group conducted at [insert name of college/university] that is aimed at helping young women feel better about their bodies. In this program, you get to attend four, one-hour classes designed to improve body image. This intervention has been found to improve body satisfaction, reduce risk for eating disorders, and improve school and social functioning for hundreds of young women across the US. The classes will be held at [insert name of college/university].

If you have body image concerns and would like to participate, please contact [insert name and title of facilitator] by telephone at [insert phone number] or e-mail at [insert e-mail address] for more information and to see if you qualify.

Sincerely,  
[insert name of college/university counseling services office or director]

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## SAMPLE E-MAIL INVITATION

Student Invitation E-mail Message

Hello!

We would like to invite you to participate in the *Body Project*, a four-session group that is aimed at helping young women feel better about their bodies. This program has been found to improve body satisfaction, reduce risk for eating disorders, and improve school and social functioning for hundreds of young women across the US. The classes will be held at [insert name of college/university]. We are inviting all female students at [insert school name] to participate.

If you have body image concerns and would like to participate, please e-mail [insert name and title of facilitator] at [insert e-mail address] for more information and to see if you qualify. You can also learn more by visiting our website at [insert website address].

Sincerely,  
[Enter School Information]



Do you like what you see in the mirror?

All female students are invited to participate in the *Body Project*, a group at [insert name of institution] that is aimed at helping young women feel better about their bodies!

You will be able to attend four, 1-hour classes designed to improve body image.

The classes will be held at [insert name of institution].

**For more information, call us at <phone number> or email us at <email address>**

Be happy with your body.



Do you like what you see in the mirror?

All female students are invited to participate in the *Body Project*, a group at [insert name of institution] that is aimed at helping young women feel better about their bodies!

You will be able to attend four, 1-hour classes designed to improve body image.

The classes will be held at [insert name of institution].

**For more information, call us as <phone number> or email us at <email address>**

Be happy with your body.

# Body Image



Do you like what you see in the mirror?

Female students are invited to participate in a research study designed to promote body acceptance!

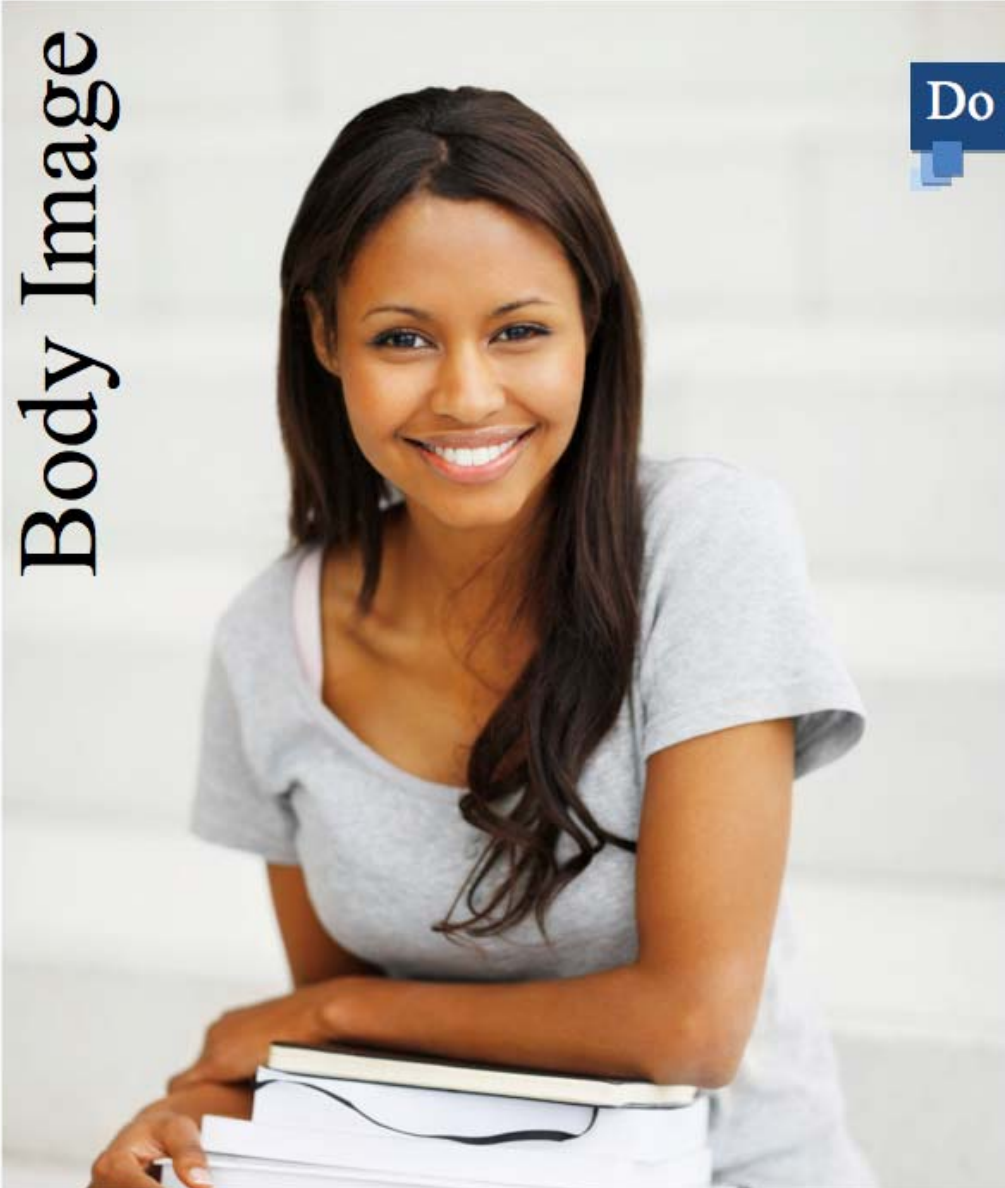
All participants can receive up to \$40 for attending four half-hour assessments to complete surveys.

Participants will get to attend four one-hour classes designed to improve body image.

For more information, call us at **<phone number>** or e-mail us at **<email address>**

Be happy with your body.

# Body Image



**Do you like what you see in the mirror?**

Female students are invited to participate in a research study designed to promote body acceptance!

All participants can receive up to \$40 for attending four half-hour assessments to complete surveys.

Participants will get to attend four one-hour classes designed to improve body image.

**For more information,  
call us at <phone number>  
or e-mail us at <email address>**

**Be happy with your body.**