



How SNAC observed Eating Disorders Awareness Week 2003

In honor of National Eating Disorders Awareness Week
(February 23 - March 1, 2003)
several activities were planned
for the KSU campus and Manhattan community.

Perfect Illusions: Eating Disorders and the Family

*The KSU and Manhattan Community were invited
to view the debut of this powerful PBS film.*

Discussion panel:

Dorothy Farrand, PhD, Psychologist, KSU Counseling Services
Larry Moeller, MD, Physician, Lafene Health Center
Tamara J. Hawk, LCSW, Social Worker
Teresa Sanborn, RD, LD, Mercy Health Center Wellness Clinic
Dianna Schalles, MS, RD, LD, Nutritionist, Lafene Health Center
Tiffany, a KSU Recovering Student

Monday, February 24th
7:00 - 8:30 pm
Forum Hall, KSU Union

Resources on eating disorders prevention & treatment were provided.

**Monday, February 24th &
Tuesday, February 25th**
11:00 am - 1:00 pm
KSU Student Union Food Court

Wednesday, February 26th
11:00 am - 1:00 pm
Kramer & Derby Dining Centers

**Listen to your body.
Honor it. Respect it. Fuel it.**

Tools to get you started:

- 5 minute massage therapy (FREE!)
- free water bottles
- healthy eating & body image tips

Thursday, February 27th

7:00 - 8:00 pm **Respect Your Body Guided Relaxation Session**
Flint Hills Room, KSU Union

Friday, February 28th

Celebrate "Fearless Friday: A Day Without Dieting"

- Put away (or throw away) your bathroom scale!
- Throw out all the diet products in your house.
- Enjoy your favorite meal without guilt.
- Feel how empowering a diet-free day of self acceptance can be!

Activities were sponsored by SNAC Peer Educators, Lafene Health Center.



**Join us in our efforts to raise awareness
about eating and body image issues.**

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