



Eating Disorders Awareness Week February 22-29, 2004

Things You Can Do:

- Consciously choose to avoid making comments about other people or yourself on the basis of body size or shape. Celebrate diversity!
- Enjoy your favorite meal without feelings of guilt or anxiety over calories or fat grams.
- **Monday, February 23rd and Wednesday, February 25th** - 11:00 am to 1:00 pm - Get a *FREE* mini-massage and receive nutrition and body image tips in the KSU Union Food Court Area.
- **Tuesday, February 24th** - 7:00 pm, Forum Hall, KSU Union - See '**The Dress**', a theatrical portrayal of eating and body image issues,
- **Friday, February 27th** - Celebrate '**Fearless Friday - A Day Without Dieting**' and feel how empowering a diet-free day of self acceptance can be!
- Use your voice to effect change. Join EDAW's national media advocacy campaign to write letters of protest and praise to media, corporations, and advertisers who promote negative or positive messages concerning body size, weight, dieting, and eating disorders. Sign up via the web at www.NationalEatingDisorders.org.
- Remind yourself and others that **It's What's Inside That Counts!!!** (for more info, contact Dianna @ 785-532-5240)

Get Real About Your Body

- Respect it!
- Fuel it!
- Move it!

If you need help for eating and body image concerns, call (785) 532-6544 to make an appointment with Lafene's registered dietitian or a physician.

Call [Health Promotion](http://www.k-state.edu/health-promotion) at (785) 532-6595 or e-mail snac@k-state.edu to request one of the following *FREE* presentations.

- Eating Disorders Awareness
- Body Image 101
- Eating Well on Campus
- Stress and Nutrition

Activities are sponsored by [SNAC Peer Educators](#), [Health Promotion & Nutrition Counseling](#), [Lafene Health Center](#), the cast and crew of 'The Dress' and Alissa Duncan, director and playwright.

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

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