



Eating Disorders Awareness Week February 27 - March 5, 2005

Things You Can Do:

- **Online Self-Screening for Eating Disorders** - Free, anonymous and confidential screening available to all K-State students!. Identifies symptoms consistent with an eating disorder. Recommends specific resources if risk is determined. Takes approximately 5 minutes to complete and is being provided by Lafene Health Center.
- **Tuesday, March 1st**
"Behind Closed Doors: Media, Body Image and Eating Disorders"
 7:30 p.m. to 8:30 p.m., Forum Hall.
 (FREE SNAC water bottles for all attendees!)
- **Friday, March 4th**
'Fearless Friday - A Day Without Dieting'
 Take a break from the diet mentality and enjoy your favorite meal guilt-free. Reflect on all the wonderful things in life that can occupy your time and thoughts. See how empowering a day of self acceptance can be!
- **10 Things You Can Do to Get Real**
- **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 to **Get Real. Unmask the Problem!!!**
 (for more info, contact Dianna @ 785-532-5240)

Get Real About Your Body!

Real expectations
 Real information
 Real help

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/lafene/HealthPromotion) 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](#).

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

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