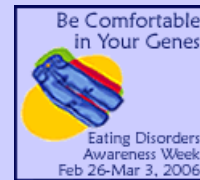




Eating Disorders Awareness Week February 26 - March 3, 2006

**Be Comfortable in Your Genes.
Wear Jeans that Fit the REAL You.**



Things You Can Do:

- **Belly Dance Your Way to a Better Body Image**

Monday, February 27th

7:00 - 8:00 p.m.

Union Big 12 Room

Learn a little about the history of belly dancing & how it relates to positive body image. Watch belly dancers perform and then you get to try! Bring a friend and share the fun!

- **Let's Talk About Men's Bodies (and Women's Too)!**

Tuesday, February 28th

7:00 – 8:00 pm

Union Main Ballroom

Join us for a fun but serious look at body image, self esteem and the media. Nationally recognized speaker and author, Leigh Cohn, delivers a fast-moving multimedia presentation that promises to spellbound and motivate you to rethink that extreme makeover. (Great date idea or friend's night out! (Free give-a-ways & door prizes!)

- **Fearless Friday: A Day Without Dieting**

Friday, March 3rd

11:00 am – 1:00 pm

Union Food Court

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! We'll get you started with free hot chocolate and a guiltless treat.

- **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.

For more info, contact Dianna @ 785.532.5240.

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](tel:785.532.6595) 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](#), [KSU Student Governing Association](#), [Greek Affairs](#), [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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