



## Eating Disorders Awareness Week February 25 - March 3, 2007

### ...Need an Extreme Makeover?

Check out these upcoming campus events before you answer this question!

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

Monday, February 26<sup>th</sup>  
7:00 - 8:00 p.m.  
Union 213

Back by popular demand! 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!

- **Real Women, Real Curves**

Tuesday, February 27<sup>th</sup>  
7:00 – 8:00 pm  
Union Main Ballroom

Meet college student, **Stacy Nadeau**, one of the brave Dove 'Real Women' who posed with other women in her underwear as part of the **Dove Campaign for Real Beauty**. Stacy will share her experience as a Dove model & encourage you to feel great about yourself no matter what you weigh or look like. It's time to feel beautiful in your own skin.

Watch for **The REAL Student Body** - K-State's own rendition of the Dove campaign. You may see someone you know!



- **Mood & Food Workshop**

Thursday, March 1<sup>st</sup>  
7:00 – 8:00 pm  
Union 213

Understand the connection between stress, mood and eating behaviors such as emotional eating, binge eating or under-eating. Explore the relationship between mood & food; develop strategies and new ideas to cope.

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

Friday, March 2<sup>nd</sup>  
11:00 am – 1:00 pm  
Union (near the 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! Stop by for free hot chocolate and a treat.

- **Online Self-Screening for Eating Disorders** - Free to all K-State students, anonymous and completely confidential. Provided by Lafene Health Center to help you quickly identify

symptoms consistent with an eating disorder. Your immediate results can be printed and taken to a health professional for further evaluation. Available at [www.k-state.edu/lafene/nutri\\_info.htm](http://www.k-state.edu/lafene/nutri_info.htm).

### **Be Healthy! Be Sensible! Be YOU!**

Events sponsored by [SNAC](#) (Sensible Nutrition And body image Choices) Peer Educators, [KSU Student Governing Association](#), [Union Program Council](#), [Counseling Services](#) & [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](#) at 785.532.6595 or e-mail [snac@k-state.edu](mailto: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

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

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