



Eating Disorders Awareness Week February 24 - March 1, 2008



Check out the photo album. Click on thumbnail for larger photo.



- **Making Food Your Friend Again**

Monday, February 25th

6:00 - 7:00 p.m.

Union Forum Hall

Stressed out about your eating and your weight? Tired of feeling guilty about everything you eat? With all the messages out there every day, it's impossible to know what's right anymore. Come hear Jessica Setnick & stop the battle of what to eat & what to avoid.

What people are saying about Jessica:

"An entertaining speaker with a wealth of truths"

"Funny, informative & incredibly knowledgeable!"

www.understandingnutrition.com

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

Thursday, February 28th

7:00 - 8:00 p.m.

Rec. Center, Multipurpose Room

Come get your exercise at the Rec as you learn the art of belly dancing. Experienced belly dancers will

introduce you to the history of belly dancing as well as show you some moves. Then YOU get to try! Bring a friend & make a night of it!

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

Friday, February 29th

11:00 am – 1:00 pm

Union (near the Food Court)

Give your mind and body a break from dieting and enjoy eating your meals guilt-free. We'll get you started with free hot chocolate and a guiltless treat...come see how empowering a day of self-acceptance can be!

- **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.

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](#) & [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 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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