



S.N.A.C.

Sensible Nutrition And body image Choices

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Sensible Nutrition And body image Choices

Lafene Health Center
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Eating Disorders Awareness Week 2009



Change How You See, Not How You Look

Monday, February 23rd, 7:00 pm
K-State Union, Forum Hall

Cut through the cultural barbed wire about super-thin bodies and 6-pack abs! Woody Winfree, founder of The I Am Beautiful Project, has been inspiring audiences across the country with her positive message.

Yoga for a Better Body Image


Tuesday, February 24th, 7:30 pm
K-State Rec Center, Mind/Body Room

Join us for a free yoga session and get some quick tips on ways to improve body image.

Film: The I Am BeaUtiful Project

Wednesday, February 25th, 7:30 pm
K-State Union, Little Theatre

This powerful, uplifting 44-minute documentary focuses on the rich stories women



have to tell about coming to terms with their self-image and explores the obstacles many women have overcome to claim their beauty and worth. It features women from the book, *I Am Beautiful*, as well as celebrities including Courteney Cox Arquette, Gayle King, Gloria Steinem, Linda Ellerbee and Trisha Yearwood.

Celebrate 'Fearless Friday: A Day Without Dieting'!

Friday, February 27th, 11 am - 1 pm

Dining Halls, Union Food Court, Rec Center

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!

Sponsored by: [SNAC](#), Union Program Council, Diversity Programming Committee, [K-State Healthy Decisions](#), [Lafene Health Center](#).