Eating Disorders Awareness Week 2013

February 24—March 2, 2013
Everybody Knows Somebody

The mission of National Eating Disorders Awareness (NEDA) Week is to ultimately prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. Eating disorders are serious, life-threatening illnesses—not choices—and it's important to recognize the pressures, attitudes and behaviors that shape these disorders. Help is available and recovery is possible! National Eating Disorders Helpline: 800.931.2237

Peer educators from Sensible Nutrition And body image Choices (SNAC) will be promoting a variety of Mind and Body Awareness activities throughout the week. All events are free and open to the public. There will be prizes and give-aways throughout the week at the following events! Join us!

The following events are sponsored by: SNAC (Sensible Nutrition And body image Choices) Peer Educators, Lafene Health Center, Student Governing Association

Information tables
Monday, February 25th—Thursday, February 28th
10 am — 2 pm
KSU Student Union Food Court

Information available about
- mindful eating,
- exercising for fun,
- the importance of a healthy body image,
- eating disorder awareness and prevention,
- and the harms of "thin-spiration" and "fit-spiration".
Stop by for information, activities, and snacks!

Mindful Monday
Monday, February 25th, 10 am — 2 pm
K-State Student Union Food Court

Stop by our booth for some tasty snacks and learn how mindful eating can help you curb overeating without giving up your favorite foods.

Zumba!!
Tuesday, February 26th, 7:30 pm - 8:30 pm
KSU Student Union, Union Courtyard

Mitzie Rojas, certified instructor, will teach a lesson of Zumba for all levels. Everyone is welcome!
No-Weigh Wednesday
Wednesday, February 27th

STEP AWAY from the scales! Take a breather and remember that the number on the scale does not define you as a person nor does it tell the whole story of your overall fitness. You are not a number! It’s what’s inside that counts!

Doris Smeltzer

Thursday, February 28th, 7:00 pm - 8:30 pm
KSU Student Union, Little Theater

Doris Smeltzer, author of Andrea's Voice, will speak about her daughter's struggle with bulimia. Learn to challenge body hatred in our media-driven culture.

Fearless Friday: A Day Without Dieting
Friday, March 1st

Take a break from the diet mentality and enjoy your favorite food 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!