Celebrate *Every* Body Week, February 24 – February 28, 2014

A week to raise awareness about eating disorders and promote positive body image on campus.

Events sponsored by Brown Health Education

In collaboration with Brown Recreation

Mirror, Mirror: Reflections on Body Image:

Starting Monday 2/24 thru Friday 2/28, mirrors will be covered in select locations in the campus center and fitness center as a reminder that who you are is more important than what you look like. So stop worrying about the reflection in the mirror, and instead use this week to reflect and appreciate who you are and all your body can do!

Health Education Information/Affirmation Table:

Get your daily dose of positive self-talk during Celebrate *Every* Body Week! Health Education will have an information table in the Sharpe Refectory during lunch on Tuesday (2/25) and Thursday (2/27) from 11:30-1:30pm, so stop by to pick up free buttons, bracelets, and a feel-good affirmation as a reminder to appreciate, nourish, and respect your body this week, and every week. There will also be information about eating disorders, body image, and the campus resources available to students with these concerns.

Special Events This Week

Tuesday February 25, 2014:

7:00 p.m. - 9:00 p.m. ***Zumba Dance Party*** **in the OMAC dance studio**

This is one party you won't want to miss! Join us as we shake the fun back into fitness with an exhilarating, easy-to-follow, Latin-inspired dance party. No previous dance experience required, so you can feel free to let loose! Glow sticks will be available to all participants and as a bonus, free workout towels will be given out to the first 20 people in the door! This event is FREE and open to all students as a part of Celebrate *Every* Body Week.

Wednesday February 26, 2014:

6:30 p.m. - 8:00 p.m. ***"I had no idea…" The Truth About Eating Disorders*** **in Wilson 102**

Join us for a panel discussion that will address common myths about eating disorders, weight concerns, and body image and the impact these can have on college students. Featured panelists include Dr. Cynthia Ellis from Brown Psychological Services, Dr. Natalie Monoghan a community therapist in private practice, and Dr. Diane DerMarderosian from Hasbro hospital. Anne Buffington, Registered Dietitian at Brown Health Services, will moderate the discussion. The event begins at 6:30pm and there will be a Q&A session (with an opportunity to submit anonymous questions) following the discussion.

Check the Health Education website (brown.edu/healthed) during Celebrate *Every* Body Week February 24-28, 2014 for more details or "like" us on Facebook (facebook.com/brownhealthed) to stay updated with information and events.