

# NATIONAL EATING DISORDERS AWARENESS WEEK

EDUCATE.  
INSPIRE.  
ADVOCATE.

February 27 - March 3

**FREE!** Group Fit Classes  
@ Campus Rec all week!

Write a  
"Positive  
Post-It Note"  
@ Campus Rec

FEBRUARY  
**27**  
& MARCH  
**1**  
**The Body Project**  
GUNTER 3460 | 6PM-8PM  
RSVP to [uncbodyproject@gmail.com](mailto:uncbodyproject@gmail.com)  
\*Must attend both sessions on 2/21 and 3/1

MARCH  
**2**  
**Mind Body Fair**  
UC Ballrooms | 9AM-4PM

MARCH  
**2**  
**Symposium**  
UNIVERSITY CENTER | 9AM-4PM

## SYMPOSIUM SCHEDULE | MARCH 2<sup>ND</sup>

Time	Spruce A	Spruce B
9am	What is an ED? Debunking Myths about Eating Disorders	Acceptance and Commitment Therapy in Eating Disorder Recovery
10am	Panel Discussion	Athletes and Eating Disorders
11am	Yoga - Bring your own mat or big beach towel!	Art Activity - "The Masks We Wear"
12:15-1:15pm	Scale Smashing - Bishop-Lehr Field	
1pm	Mindful Eating and Nutrition	What is ED? Debunking Myths about Eating Disorders
2pm	How to Help a Friend	Masculine Identity and Eating Disorders
3pm	Sizeism	Yoga - Bring your own mat or big beach towel
4pm	Scale Smashing - Bishop-Lehr Field	
5:30pm - 8pm	FREE Dinner & Keynote presented by Dr. Lindsay Varkula *RSVP for FREE Dinner & Keynote to <a href="mailto:Tina.Rose@unco.edu">Tina.Rose@unco.edu</a>	

**Get Screened!**



Campus Recreation  
Counseling Center  
Prevention Education & Advocacy Services  
Women's Resource Center