

# Beauty Comes From Within



## Love Your Body Week 2009

### February

**23** Monday      **24** Tuesday      **25** Wednesday      **26** Thursday      **27** Friday

#### "Freezin' for a Reason" Swing-A-Thon

Raynor Library

9 a.m. Mon. to 9:30 p.m. Tues.

#### Health Hut

AMU 2nd Floor

Healthy Eating  
2 - 5 p.m.

Fitness & Exercise  
11 a.m. - 2 p.m.

Media & Body Image  
11 a.m. - 2 p.m.

Disordered Eating  
11 a.m. - 2 p.m.

#### Lunch & Learn:

"Mindfulness & Eating"  
Professor Mark McDonough  
AMU Ballroom C  
12 -1 p.m.  
(Bring your own lunch)

#### Keynote: Jenni Schaefer

"A Life Without Ed"  
AMU Ballrooms  
7 p.m.

#### Fearless Friday

A Day of No Dieting

#### Lunch & Learn:

"Images of Women in Advertising and Beyond"  
Dr. Jean Grow  
AMU Ballroom D  
12 -1 p.m.  
(Bring your own lunch)

#### Fitness Class

Zumba  
AMU 227 - Free  
6 -7 p.m.

#### Fitness Class

Pilates & Yoga  
AMU 157 - Free  
5:30 - 6:30 p.m.



**Sponsors & Contributors:** Center for Health Education & Promotion/Student Health Service, Counseling Center, Dr. Jean Grow, Roger's Memorial Hospital, MUSNA, Professor Mark McDonough, Cobeen Residence Hall, Recreational Sports, Sodexo, Department of Public Safety and Straz Residence Hall Staff.

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