Body Positivity Week

OCTOBER 22-26, 2018

Monday, October 22

Operation Beautiful - All week
Look for body positive notes left by Eating Concerns Mentors around Durham's campus.

Positive Self-Talk Flowers - 11am-2pm
Field House & MUB Union Court
Stop by Union Court or the Field House to make your own positive self-talk flower to appreciate the things that make you, you!

Tuesday, October 23

Documentary Night!
Straight/Curve: Redefining Body Image
MUB Theater II - 7pm
Join us for a viewing of a documentary about body image and the industry leaders challenging society's unrealistic and dangerous standards of beauty.
Co-sponsored by Eating Concerns Mentors and the Student Nutrition Association

Wednesday, October 24

Muscle Dysmorphia - 5-7pm
Hamel Recreation Center (HRC)
Stop by and learn more about muscle dysmorphia from the Eating Concerns Mentors. We will be located right outside the weight lifting room.

Thursday, October 25

Positivity Rocks! - 11am-2pm
Hamel Recreation Center (HRC)
Come see us at the Fierce & Fabulous Expo. Make your own positivity rock - decorate it however you want and add a positive message to YOURSELF!

Friday, October 26

Body Positive Meditation - 12:30-1pm
Health & Wellness Conference Room
End your week with some body positive meditation. Appreciate your body just the way it is because it's perfect!