

Cal's

Eating Disorders Awareness Week, Mar. 12-16

Tues. 3/13

Education Booth

Time: 11am-2pm

Location: Upper Sproul Plaza

Pick up information and resources on eating disorders, positive body image and nutrition. Decorate body silhouettes, share your thoughts, and get free stuff including coupons and cds! UHS staff and/or community health professionals will be available to answer questions.

Student Workshops

Tuesday-Thursday, various locations

UHS Community Health Workers will lead several discussions on the manifestations of eating and body image issues within different student communities. Several student organizations will participate in interactive workshops that explore relationships with food, body image and size acceptance, cultural implications, and ways to promote healthy lifestyles. Call 643-0418 for times and specifics.

Wed. 3/14

Rock Ya Body

Entertainment Showcase

Time: noon-1pm

Location: Lower Sproul Plaza

Come on out and "Rock Ya Body" to music, poetry, theatre and dance that celebrates health, movement, and positive body-image. Campus and community performance groups will do their thing while the DJ spins. Get on the mike and share, enjoy free prizes (win an ipod!) and get health information.

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Thurs. 3/15

Education Booth

Time: 11am-2pm

Location: Upper Sproul Plaza

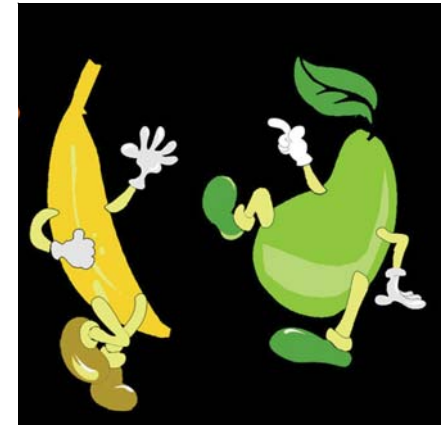
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Video Screening & Panel Discussion

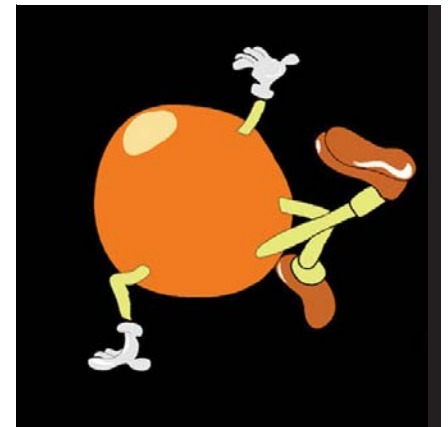
Time: 5:30-7pm

Location: 130 Wheeler Hall

Body image is literally all over the media. Join us for a short video on media portrayals of male and female bodies, followed by a panel discussion with eating disorders treatment and mental health professionals, activists, and individuals recovering from eating and body image issues. Discussion topics will include: the impact media portrayal has on self-image, what drives the pursuit of thinness among men and women, and new ways of thinking about eating disorders among men and women of color.



Rock ya body!



Celebrate health
at every size!

See www.uhs.berkeley.edu for more information