

Are you being mindful?

2013 “Look Beyond the Mirror” Week *Body Image and Eating Disorder Awareness*

Monday, April 15

Operation Beautiful

8-9 p.m. • CC, Lobby

Transform the way you see yourself, one Post-It Note at a time.

Tuesday, April 16

Eat, Drink and be Mindful

3:30-4:30 p.m. • CC, Room 201

Eating is often a habit, something that we do while we are doing something else. This session will introduce participants to the idea of mindful eating, paying attention to what we eat, when we eat and why we eat. Participants will learn to:

- identify personal triggers for mindless eating, such as emotions, social pressures, or foods
- value quality over quantity
- appreciate the sensual, as well as the nourishing, capacity of food

Employees can register through the EIS. Students are welcome to attend!

Wednesday, April 17

“Look Beyond the Mirror” Health Fair

11 a.m.-12:30 p.m. • ESC, Nature’s Cove

The Fair invites you to consider changing the way you see yourself and others, and avoid looking only at physical appearance.

Thursday, April 18

“Look Beyond the Mirror” Health Fair

11 a.m.-1 p.m. • LEC Lobby

Look for the life-sized Barbie and Ken! The Fair invites you to consider changing the way you see yourself and others, and avoid looking only at physical appearance.

