

Pace University Counseling Center Wellness Week presents:

Love Your Body Week

February 27th-March 2nd

Sponsored by: National Eating Disorder Association
Columbus Park Collaborative- Specialists in the Treatment of Eating Disorders
Alpha Kappa Alpha Sorority, Inc. & Kappa Delta Sorority

Office of Residence Life

Dean For Students

Psi Chi

LGBTQA Center



My Student Body

Monday, February 27th

Mirrorless Monday: Residence halls across campus will have their mirrors covered to promote positive body esteem. Students and staff are encouraged to write positive affirmations on the covered mirrors as a statement of acceptance and love for their bodies. Help celebrate YOU!

Don't fight your GENES- Change your JEANS: *Pace Residence Halls*- Drop off the jeans you no longer wear (anytime during the week of February 27th) –Accept the body you have. All jeans will be donated to a local charity.

“America the Beautiful” Documentary: *Student Union 6:30pm*- This documentary, filmed over a four year time period asks the question, “Is America obsessed with beauty?” The film follows the life of a teen model, explores the cosmetic industry and leaves the audience asking themselves important questions regarding their own obsession with beauty. Followed by Q & A and panel discussion with Aviva E. Braun, L.C.S.W. & Emilie Zaslow, Ph.D.

Tuesday, February 28th

Ask the Dietitian: *Kiosk in One Pace Plaza*- Have questions regarding nutrition, eating healthy on campus, or how to properly fuel your body??? Stop by the nutrition booth and ask licensed dietitian, **Laura Moretti, RD** with Columbus Park Collaborative and get free consultation regarding your nutritional health.

“Someday Melissa” Film Screening: *Schimmel Center for the Arts: 7pm (doors open at 6pm)* - The story of an eating disorder, loss and hope. “Someday Melissa” is a documentary inspired by a young woman’s battle with Bulimia. A panel discussion moderated by WABC-TV Anchor Diana Williams will follow the screening. Panelists include: Judy Avrin, Filmmaker and mother of Melissa; Danna Markson, LCSW, Eating Disorders Specialist & Co-Executive Producer; Kimberly Dennis, MD, Medical Director, Timberline Knolls; and Vic Avon, author, activist and NEDA Spokesperson.

For tickets please visit www.neda.org and click on Programs and Events Tab (suggested donation of \$10)

Wednesday, February 29th & Thursday March, 1st

phat girls by Debbie Lamedman: *Multipurpose Room 1 Pace Plaza: 7:30pm (doors open at 7pm)*- A full-length play depicting the struggle many women experience dealing with weight and body image concerns. The audience is transported from childhood to adulthood, witnessing the stories of how real women survive in a body-conscious society and eventually follow their journey toward self-acceptance. Followed by Q & A and panel discussion with Director Chris Giordano, Cast & Dr. Karen Weiss (Panel only on opening night).

For more information or sponsorship opportunities regarding Love Your Body Week, please contact: Heather Frank, M.A. at hfrank@pace.edu. Like our page on Facebook <http://www.facebook.com/?sk=welcomer#!pages/Pace-University-Counseling-Center-Wellness-Week-2012/321929237850902>

Wellness-Week-2012/321929237850902

