

# EveryBody Is Beautiful Week



## 2009

### February 23 - 27 Schedule of Events

#### Tuesday 2/24

##### *Information Table*

11 AM - 1 PM, University Center Main Street

Challenge yourself to live "Fat Talk Free"! Find out more at this fun and interactive display.

#### Wednesday 2/25

12 - 2 PM, Royall Hall First Floor

Challenge yourself to live "Fat Talk Free"! Find out more at this fun and interactive display.

#### Thursday 2/26

##### *Test Your Relationship With Food*

11 AM - 2 PM, University Center Alumni Room

Are you in an unhealthy relationship? Do you feel controlled much of the time? Do you find that you often feel bad about yourself and worthless in this relationship? Is this your relationship with food? Find out if you and food are in an unhealthy relationship at this free and confidential screening.

##### *Mindful Eating*

5 PM, MindBody Connection (University Center 161)

Learn the basics of eating mindfully! Mindful eating teaches how to stay connected with your body and eat based on hunger and fullness cues, more consciously experience the act of eating, and feel fullness resulting from greater awareness during eating. Light refreshments will be provided for the purpose of practicing mindfulness techniques. Space is limited and RSVP is required to Rachel Pierce (piercerac@umkc.edu) by Wednesday 2/25. Priority is given to students; staff/faculty may RSVP for any open seats the day of the event.

##### *Movie Night: Shallow Hal*

7 PM, Oak Street Residence Hall Basement

Jack Black and Gwyneth Paltrow star in this funny flick about seeing past people's outer shells to their inner beauty.



**All events are free!**  
For more info contact the  
UMKC Counseling Center  
235-1635  
[www.umkc.edu/chtc](http://www.umkc.edu/chtc)

