

body POSITIVE WEEK ARIZONA 2022

In Recognition of the National Eating Disorder Association's Eating Disorder Awareness Week

FEBRUARY 21-25

▶▶▶ All events are **FREE!**

 MONDAY, FEBRUARY 21

Nutrition Navigator's Podcast

Eating Disorder Signs & How to Help a Friend

Listen here: bit.ly/nutpodcast with CAPS counselor Jan Courtney

Visit the National Eating Disorder Association website for great resources: nationaleatingdisorders.org



 TUESDAY, FEBRUARY 22

Body Positive Movement with Campus Rec

Campus Rec (Room A) • 6:15-7PM: Cardio Dance

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Visit: rec.arizona.edu/fitness-wellness/group-fitness

Space is limited. Reserve your spot!

 WEDNESDAY, FEBRUARY 23

FREE!

Body Positive Arizona Fair

Bear Down Student Success Center • 11AM-2PM

- Interactive Exhibits
- Information
- Games & Prizes

 THURSDAY, FEBRUARY 24

Dorm Room Eats: RAMEN!!! Honors Village Dorm • 5:15-6PM

Live Your Reel Real Life: Body Image, Self-Esteem & Disordered Eating on Campus

Speaker: Allie Kauffmann, AMFT (Team Leader at The Renfrew Center of Los Angeles, CA)

ZOOM • 6-7PM Register here: bit.ly/UABodyPositive

Thank you to our Sponsor!



 FRIDAY, FEBRUARY 25

Body Positive Arizona Compliment Cards on Campus



CAMPUS HEALTH

[NUTRITION.ARIZONA.EDU](https://nutrition.arizona.edu)

   @UAZCampusHealth

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