COUNSELING CENTER PRESENTS
NATIONAL EATING DISORDERS AWARENESS WEEK 2016
February 22-25, 2016

Get Screened, Get Help, Get Healthy

EATING DISORDERS SCREENINGS
Student Recreation Center
Monday-Thursday 5:00 p.m. — 9:00 p.m.
Free t-shirt with each screening while supplies last!

MONDAY, FEBRUARY 22 — 5:00-6:00 p.m. — SC PINESHELF ROOM

Get in Shape: Learn how to make exercise fun and develop a workout routine.
Join Marsha Cohen, Counselor at the Counseling Center, for an interactive session on incorporating healthy exercise into your routine. Topics will include making realistic exercise goals, creating motivation to exercise regularly, and developing a comprehensive workout program.

TUESDAY, FEBRUARY 23 — 5:00-6:00 p.m. — SC ROOM 301

Get Healthy Eats at BSU and Beyond.
Join Amanda Kruse RD, CD, for an interactive session on the basics of healthy eating in the dining halls and at your dinner table. Amanda will also explore the facts on fad diets and discuss how to customize a healthful plan to meet your individual nutrition needs.

WEDNESDAY, FEBRUARY 24 — 5:00-6:00 p.m. — SC PINESHELF ROOM

Get a Cultural Perspective on Eating Disorders.
Join Molly Beagle, Counselor at the Counseling Center, for a discussion about the role of media and culture in the development and maintenance of eating disorders. The discussion will include information about the prevalence of eating disorders across racial/ethnic groups, as well as cultural differences with regard to perceptions of weight and body image.

THURSDAY, FEBRUARY 25 — 5:00-6:00 p.m. — SC PINESHELF ROOM

Get Help: Letting go of an eating disorder and holding onto myself.
A Ball State student will share her personal journey recovering from an eating disorder. Dr. Ellen Lucas, Associate Director and Psychologist at the Counseling Center, will then discuss the recovery process for people with eating disorders as well as tips for family and friends of how to support and care for someone with an eating disorder.

Co-Sponsored by:
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