

2010 BODY IMAGE WEEK: EVENTS

Monday, Feb. 1 – Friday, Feb. 5

Contact: 494-2432 // dwc@dal.ca

Monday, Feb. 1

BODY IMAGE WEEK LAUNCH with Eating Disorders Action Group and Friends

Activities, Prizes, Freebies

Where: SUB LOBBY

Time: 11am to 3pm, FREE

INTRO TO VEGAN COOKING CLASS: FREE

This workshop is facilitated by Amanda Dickie and introduce participants to the concept of veganism and why it's awesome. Materials Provided, RSVP.

Where: 6286 South St (DWC)

When: 5:30 to 7:30pm ALL WELCOME

BODY IMAGE SESSION FOR HEALTH PROFESSIONAL STUDENTS: FREE

This workshop is facilitated by Tanya Hamilton, Project Leader of the Eating Disorders Clinic at Q and A to follow.

Where: Dentistry Building, Rm 4116

When: 6pm to 7pm

ALL WELCOME

Tuesday, Feb. 2

CAMPUS ACTION ON FOOD: free vegetarian food serving in the SUB in celebration of Body Image Week

GET OUT OF MY IMAGE! a FREE workshop

This workshop is facilitated by TARYN DELLA – a comic actor, playwright, educator, and activist - and is designed to inspire, provoke, and introduce participants to exploring and questioning "Image" and "Image Making" in popular culture. Materials Provided.

Begins at 6:00 PM, Student Union Building, Rm 224.

ALL WELCOME

Wednesday, Feb. 3

THROUGH TRUE EYES: A Film Screening And Discussion On Recovering From Disordered Eating

Through True Eyes is a raw, hopeful, and inspiring look at the journey of recovery through the voices and experiences of NB women. Presented in partnership with the Eating Disorders Action Group. ALL Welcome!

Where: Weldon Law School, Room 105, University Ave

Time: 6 PM, FREE

For more information: www.throughtrueeyes.com

AMERICA THE BEAUTIFUL: a Film Screening and Discussion

In 2004 alone, Americans spent \$12.4 billion on cosmetic surgery. In America the Beautiful we see how these increasingly unattainable images contribute greatly to the rise in low self-esteem, body dysmorphic disorder, and eating disorders for young women and girls. Who actually benefits from this high-priced journey towards this ideal? What are the true costs of our obsession with youth, beauty, and a slender physique?

Where: DWC (6286 South Street) When: 7pm to 9pm

Thursday, Feb. 4

BEAUTY V INDUSTRY: a FREE Workshop

Learn how to make your own poster for the Dal-based "I am not the industry" campaign. Co-hosted with Beauty V Industry.

Where: DWC (6286 South Street)

When: 5:30 to 7pm

DISFIGURED, FREE Film Screening a Movie about Women and Weight

A funny, touching film about 2 different women that explores the traumas faced by women with weight concerns.

Where: DWC (6286 South Street)

When: 7pm to 9pm