



YOUR BODY. YOUR LIFE ...and HOW to LOVE it!

Media glamorizes the ideal of "thinness" as beauty and often leaves us dissatisfied with ourselves. This sets many on a course of radical eating and exercise patterns, increasing the risk of an *eating disorder*.

Uncover the truth behind the images and learn ways you can enhance your body image and self esteem as you see creative pieces of art and hear speakers, personal stories, and monologues.

JOIN US FOR THIS EVENING OF RENEWAL.

MARCH 1, 2011 - 6:30-8:30 PM

6:30 PM—9:00 PM Expressive Art Gallery

7:00 PM—8:30 PM Presentations, Personal Stories, Questions & Answers

IPFW WALB UNION BALLROOM

2101 E. Coliseum Blvd, Fort Wayne, IN 46805

FREE AND OPEN TO THE PUBLIC

PRESENTED BY

- **Carrie Anderson**, MA, Residential Director, Selah House
- **Kate Black**, Actor, IPFW Personal Fitness Trainer
- **Anthony Gaff**, Musician, Garr Music
- **Barb Richards**, Majic 95.1 Program Director
- **Linda Smith**, MS, NCC, CCMHC, LMHC, LMFT, CEDS, Certified Eating Disorder Specialist, Consulting and Counseling Associates
- **Carly Thompson**, IPFW Acting Student
- **Andrea Vega**, Composer, Pianist, and Singer

**National Eating
Disorder**

**Awareness Week
February 20-26, 2011**

For information visit

www.nationaleatingdisorders.org

www.ipfw.edu/health

Call 481-6647 or e-mail

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WOMEN'S HEALTH CENTER**

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