

Week of Events

N E D A

National
Eating
Disorders
Awareness

DAY	TIME	LOCATION	ACTIVITY
Monday	all day	SRC	"Mirrorless Mondays" studio mirrors will be covered
Tuesday	12-1:30pm	Lenoir Mainstreet	Chobani Tasting
	6:30- 7:30pm	Ehringhaus	Smoothin' Out the Psyche presentation on body image and healthy eating habits
Wednesday	8pm	The Pit	Candle Light Service acapella group speakers
Thursday	6-7pm	Lenoir hall	Cooking Demonstration healthy eating program for the Black Student Movement
	7-8pm	SRC	Body Kind Yoga Class

Come see us!

Everyday	4-7pm	SRC	Come stop by tables and hang out in the pit and at the SRC to learn more about how your body is truly beautiful.
Monday & Wednesday	10am-2pm	The Pit	



carolina dining services
hungry? don't be.



CAMPUS
RECREATION
STAY ACTIVE

#UNCbodybeautiful
campusrec.unc.edu/bodybeautiful