

CELEBRATE EVERY BODY WEEK

FEBRUARY 20-24TH

JEANS EXCHANGE

Instead of trying to change your body to fit fashion and unattainable image standards, donate your old jeans in exchange for a Celebrate Every Body t-shirt or swag! Women's, men's, and children's clothing in good condition can be donated. All donations will benefit the Shelter for Help in Emergency.

come find us!

NEWCOMB 2ND FLOOR

Mon. Feb. 20 - Fri. Feb. 24 | 11-2pm

AQUATIC FITNESS CENTER LOBBY

Mon. Feb. 20 - Wed. Feb. 22 | 5:30-7:30PM

FREE FITNESS FOR EVERY BODY

ZUMBA

Tues. 2/21 | 7:30pm | AFC MP2

FREE YOGA

W/CONTEMPLATIVE SCIENCES CENTER

Wed. 2/22 | 8pm | AFC MP1

FREE FITNESS FRIDAY - HIIT

Fri. 2/24 | 5:30pm | AFC MP4

'THIS IS ME' ART EVENT

Wed. 2/22 | 5:30-7pm | OpenGrounds

Join us for a collaborative art experience! Lend a hand in creating paper doll chains of all shapes and sizes. RSVP to Caitlin Santucci at caitlinsprosperity@gmail.com to attend. Can't make it? Use [this template](#) and submit your art to our Jeans Exchange table and we'll include it in our paper chain!

MENTAL WELLNESS SCREENING DAY

Thurs. 2/23 | 10-3pm | Newcomb 3rd Floor



Concerned about your relationship with food, exercise or your body? Free and confidential in-person screening for eating disorders and other mental health concerns available at Mental Wellness Screening Day. No appointment necessary, screening takes about 15-20 minutes.



EMBRACE FILM SCREENING

Thurs. 2/23 | 7:30-9:30pm | Clark 107

Embrace follows body image activist Taryn Brumfitt's crusade as she explores the global issue of body loathing, inspiring us to change the way we feel about ourselves and how we think about our bodies.

Check out the trailer [here](#).



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