

Be Comfortable in your Genes

Wear Jeans That Fit the TRUE You!
February 27- March 3

"The Great Jeans Giveaway" sponsored by Graham Health Center and Campus Recreation. Donate your jeans that are uncomfortable or contribute to a negative self-image. Accept your body type for what it is and focus on being a healthy person.

Some of the jeans collected will be decorated with positive body image messages for display during the week of events, but most of the jeans will be donated to The Baldwin House in Pontiac. Look for the collection boxes at the following locations: Recreation Center, various residence halls, Nicholson Apartments, the Oakland Center and the Center for Multicultural Initiatives.

Schedule of Events:

Monday, February 27 "Love Your Body YOGA" featuring live instrumental music performance by Curtis Godzisz, OU music major 6:30-7:30 p.m. Oakland Center Gold Room A. FREE to everyone! Mats will be provided or participants can bring their own.

Wednesday, February 29 "Bye Bye Barbie, Fighting Media Messages" with OU faculty: Tanis Hastmann, Jennifer Lucarelli, and Erin Meyers. 12 noon-1:30 p.m. Oakland Center Fireside Lounge. Private eating disorder screenings will be available before/after the session.

"America the Beautiful 2: The Thin Commandments" film premiere followed by a panel discussion with Laura Fishman LMSW, Bethany Helfman PhD, Dr. Evan Stashefsky, MD, and Patrizia Jesue, RD from Helfman Associates. 6:45-9:30p.m. Oakland Center Banquet Rooms.

Tuesday, February 28 "Bye Bye Barbie, Fighting Media Messages" with OU faculty: Tanis Hastmann, Jennifer Lucarelli, and Erin Meyers. 7:00-8:30 p.m. Oakland Center Gold Room C. Private eating disorder screenings will be available before/after the session.

Thursday, March 1 Eating Disorder Screenings 3:00-5:00 p.m. Recreation Center. OU Counseling Center staff.

"Body Monologues" performance by the U of M Body Peace Corps. 7:00-9:00 p.m. O'Dowd Hall 203.

For more information, visit www.oakland.edu/campusrec OR www.oakland.edu/ghc

All events/activities are free for OU students, faculty/staff and the community.