

Eating Disorder Awareness Week: February 5th-11th, 2012

Love Our Bodies, Love Ourselves

WEDNESDAY, February 8th : 9:30 am to 3:30 pm

UBCO Campus (Kelowna) - Fipke Foyer: 9:30 am to 2:30 pm

Fipke 204: 2:30 pm to 3:30 pm – Presentation/Q&A

EATING DISORDERS AWARENESS WEEK

**Come see Fipke
Foyer Displays:**

- video and other enticing graphic displays
- create a pledge to END “Fat Talk”
- campaign for “Exercise Awareness”: energizing or excessive?
- post an affirmation, start a movement
- grab more info. articles and **FREE FOOD!**



In FIPKE 204 (2:30 to 3:30 pm):

Wrap up Presentation: “Eating in the Age of Anxiety”

- Confused or anxious about your eating?
- Curious about eating guidelines?
- Interested in the facts and myths of eating?
- Wondering how this relates to your grades? Your emotions? Your personal well-being?

If so, come hear what **Linda Trepanier**, Registered Dietitian for Kelowna Eating Disorders Program, has to say about all of this! More questions? Come ask her for yourself!

EDAW HOSTED BY: The UBCO School of Health & Exercise Sciences, and the Disordered Eating & Excessive Exercise Education & Support Program in partnership with Interior Health Central Okanagan Mental Health & Substance Use, Eating Disorders Program.



kelty mental health
resource centre

Interior Health

Family
Services
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Shore



Caring for our Community

Mary Kay

