



Dear Faculty, Staff, and Students,

The Counseling and Student Development Center (C/SDC) and Peers on Wellness (POW) are ecstatic to support the National Eating Disorder Association (NEDA) in promoting National Eating Disorder Awareness Week with our own campus event, *Perfectly Imperfect Week!* February 24th through February 28th there will be daily events surrounding eating disorder awareness and promoting body image acceptance. **Monday Feb. 24th** - Mirrorless Monday, POW members and Art Therapy students will be creating posters with positive affirmations on them to cover mirrors across campus. The purpose is to encourage people to take a break from looking in the mirror for a day and celebrate that we are so much more than our appearance. **Tuesday Feb 25th, 6-8pm in Center for Athletics and Wellness upstairs dance studio** - emPOWERment Zumba, Join us for an uplifting Zumba session to celebrate that exercise does not need to be a means to perfect our bodies, but instead to celebrate all that our bodies are able to do for us. Tabling before and during Zumba will be provided by Health Services, GetFruved, and SAND. Snacks and water will be provided! **Wednesday Feb 26th, 12-2pm in Learning Commons** - Wellness Wednesday, POW and Health Services will be tabling topics related to eating disorder awareness and body image and acceptance. Topics and activities include eating disorder and body size myths and facts, a body affirmation station, a scale smashing activity, and more! **Thursday Feb 27th, 9am-7pm in Psychological Services Center** - FREE Eating Disorder Screening! Come in to assess your attitudes about eating. Open to all ages, community members, and Marywood students, faculty, and staff. **Thursday Feb 27th, 7-10pm in Nazareth Center Upper Main Dining Hall** - Let's Talk About It, The C/SDC will be hosting a presentation of Taryn Brumfitt's documentary Embrace to explore the question "Why are we so harsh to our bodies?" After the film, a diverse panel of individuals will be leading a discussion and answering questions surrounding eating disorders, body image culture, and inspiring us to change the way we feel and think about our bodies. **Friday Feb 28th, 12-2pm in McGowan Atrium Lobby** - Fearless Friday, This event will focus on education and discussion with the goal to change the narrative and challenge our thinking about eating disorders and body dissatisfaction. The purpose is to have the conversations we aren't having as we aim to shine a light on the severe repercussions under and/or misrepresented groups with eating disorders and body image issues experience. Examples of affected groups may include men, the LGBTQ+ community, people of color, mothers, athletes, etc. We seek to create a safe, supportive space for all and encourage all to come learn about how eating disorders affect all populations. Eating disorders and body image challenges affect everyBODY making it imperative to understand the risk factors involved.

In addition, be sure to enter our raffles for a chance to win a variety of prizes including gift baskets and gift cards! FREE raffle tickets will be available at events Tuesday through Friday. Winners to be announced at end of Friday's event! We hope that you will join us in raising awareness for this extremely important cause.

Sincerely,

Brandice Ricciardi, MS NCC LPC HS-BCP
Associate Director, Counseling/Student Development Center