

**Be you...**



**Be true!**

# Love Your Body Week

**FRIDAY, JANUARY 22ND**

**KICK OFF!** Nightlife-9pm-12am Memorial Union  
Dancing, projects, fondue!

**WEDNESDAY, JANUARY 27TH**

Meet, Eat, & Learn 12-1pm International Centre  
Yoga-What's it all about?

Heather Lotysz shares information about this  
famous form of relaxation.

**THURSDAY, JANUARY 28TH**

Fabulous Fondue!! 11-2pm Memorial Union



Sponsored By: ADAPT, Counseling Center, Student Health Services (Student Health Promotion),  
Student Association of Nutrition and Dietetics, Wellness Center, Women's Center