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UNH Health Services Celebrates Love Your Body Day

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DURHAM, N.H. – University of New Hampshire Health Services will celebrate “Love Your Body Day” Wednesday, Sept. 24, 2003.

The day encourages people to speak out against offensive, unhealthy and unrealistic advertisements and images. The national celebration, sponsored by the National Organization of Women (NOW), will be held Oct. 15.

Highlights of the day’s events include the showing of the documentary, “Curve,” and the panel discussion following led by the director and models from the film. The “Love Your Body Day” quilt will be unveiled. Originally envisioned by the UNH Eating Concerns Team, a group of university staff members who work together to address eating concerns issues on campus, the quilt includes statements from UNH students on what they love about their bodies.

The day’s events are sponsored by: the Office of Health Education & Promotion, Health Services, Office of Student Life, Campus Recreation, President’s Commission on the Status of Women, and Greek Affairs in cooperation with Chi Omega Sorority. For more information, contact Suzanne Sonneborn at the Office of Health Education and Promotion, Health Services, at 603-862-3823.

Schedule of activities for the day:

The Beautiful Wall, Rec Center, 11 a.m.-7 p.m.

Contribute to this dynamic work of art by telling the world what makes you special.

“Love Your Body Day” Quilt, Rec Center, 11 a.m.-7 p.m.

View a quilt that was designed and created by residents of Scott Hall, completed in 2003. This piece of art contains statements on why individuals love their bodies.

Clothing Drive, Holloway Commons/MUB, sponsored by Chi Omega, 11 a.m. –7 p.m.

Donate any clothes that don’t fit or you don’t feel comfortable in. They will be collected and donated to a worthy organization.

Information Table & Display, Holloway Commons, 11 a.m.-7 p.m.

Learn more about nutrition, eating well and taking care of your body

“Curve,” MUB Theater I, 7 p.m.

A panel discussion with the director and model from this film will follow showing of

documentary. Film sheds light on beauty of all sizes and gives an inside look at the modeling industry.

Yoga, Health Services Conference Room, 1 p.m.

Meditation, Health Services Conference Room, 7 p.m.