

UNH Recognizes 'Eating Concerns Awareness Week' Feb 8-10

By [Kim Billings](#)
UNH News Bureau

DURHAM, N.H. -- The University of New Hampshire will feature a series of workshops and presentations Feb. 8 through Feb. 10, in recognition of Eating Concerns Awareness Week.

The play, *In My Head I'm Thin*, will be performed Wednesday, Feb. 9, at 7 p.m. in the Strafford Room of the Memorial Union Building. Performed by Susan Poulin and Gordon Carlisle, the event is free and open to the public.

Other events: Tuesday, Feb. 8, from 11 a.m. to 2 p.m., an information table on Floor 2, MUB; and from 12:30 to 1:30 p.m., a presentation called "Is Thin Really In? Media and Culture's Influence on Our Body Image," Room 340 in the MUB.

Wednesday, Feb. 9, "Diet is a Four-Letter Word," will be presented from noon to 1 p.m. in Room 340 of the MUB. Beginning at 7 p.m. is the play, *In My Head I'm Thin*.

Thursday, Feb. 10, "Helping Someone with an Eating Concern" is the topic of a lecture/discussion in Room 340 of the MUB. The events, held each year at UNH, are dedicated to educating students about eating concerns, body image, nutrition, healthy vs. unhealthy eating behaviors and self-acceptance. It is sponsored by UNH Health Services. For more information, call Elizabeth Edminster at UNH Health Services, 862-3823.

January 24, 2000

[Back to unh.edu.](#)