

Love Your Body Week

Mon
Feb 20

Love Your Body Expressions

Women's Center, KC 1201

Come in and create your own personal body expressions throughout the day

Free Yoga- All week at the Rec Center

See Group Exercise schedule for dates and times!

Tues
Feb 21

Table Topics Talks

12pm, Women's Center, KC 1201

All genders are welcomed!

Wed
Feb 22

Eating Disorder Screenings

Allendale:

Kirkhof Center, Rec Center

Grand Rapids:

Devos Building C/ Study Area

CHS Lobby Area

Stop by any of our tables at the locations below and fill out a form. It only takes 10 minutes to complete and to get your results.

Sponsored by University Counseling Center

Three Ways to be Kinder to Yourself

12pm, Women's Center

Practice the kindness you deserve with 3 simple ways and experience your body positivity soar.

Presented by the Campus Rec dietitian.

Body Image

6pm, Kirkhof Room 1104

This one hour program will explore the impact of advertising and media messages on body image.

Strategies for developing and maintaining a positive and healthy body image are emphasized.

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Zumba Party

8-10pm, Fieldhouse Rec Center

Grab a friend, your dancing shoes and join the party. Shake off the winter doldrums by joining in the Zumba Party. Remember to wear comfortable clothing.

Sponsored by GVSU Campus Recreation in awareness of NIRSA week. For more events visit gvsu.edu/rec/nirsa-week-in-recreation-131.htm

Thurs
Feb 23

#Mybodymysay

6-7 pm

Rec Center Lower Level

Want to challenge yourself at a fitness challenge or just learn new exercises to add to your routine?

Come to the rec and see what we have to offer!

Sponsored by: Campus Recreation

Fri
Feb 24

Fun Fitness Friday

12-2 pm, Kirkhof main level

Come in and create a your personal message of love to yourself and get a massage. Free chair massages from 12 to 2pm in the Women's Center.

Also jump rope, double dutch, hopscotch, and hula hoop!

