Monday, February 25th

**Embrace: The Documentary**
7:30pm, Hoff Theater

Wednesday, February 27th

**Love Your Body, Move Your Body:**
Yoga Restore & Meditate
5:30pm - 6:25pm, ERC Natatorium Studio

Thursday, February 28th

**Our Bodies, Ourselves:**
Nourishing the Mind, Body, and Spirit of African Descent Women
7:00pm - 8:15pm, The Stamp Prince George’s Room

Friday, March 1st

**LGBTQ+ People & Body Acceptance**
2:00pm - 3:00pm, LGBT Equity Center

Throughout the week, the University Health Center, Counseling Center, and RecWell will be spreading messages of education, awareness, self-reflection, and self-love. Be on the lookout for post-it notes containing body positive messages. There will also be a bright & colorful pick-me-up at each of the cardio machines at the Eppley Recreation Center.