Meet, Eat and Learn

January 28, 2015
International Centre
12pm to 1pm
Join us for a panel discussion on culture and body image and how various cultural movements and experiences shape the way an individual views their body.

Free Lunch Included – All are welcome!

What do YOU love about your BODY

Tell us your body story by scanning the QR code or going to www.und.edu/womenscenter

Stop by the Women’s Center

Hours:
Monday-Friday
8:00am-4:30pm

Or visit our website at:
www.und.edu/student-life/womens-center

Or email us at:
und.womenscenter@email.und.edu

Kay Mendick, Director
Patty McIntyre, Program Associate

Important Dates:
See page 2 for locations!

January 26th 11-1pm
“I’m fabulous because…”

January 27th 5:30-7pm
LYBW Expo

January 28th 12pm-1pm
Meet, Eat and Learn

January 29th 11-1pm
Fabulous Fondue

January 29th, 6:30-7:30
Glow in the Dark Zumba

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Love Your Body Week Events

Love Your Body Week is a series of events designed to celebrate a positive body image, raise awareness of the impact of negative media messages, and promote self-acceptance as well as healthy behaviors and attitudes.

I Am Fabulous Because....
Memorial Union
Monday January 26th 11-1 p.m.
We are creating a wall of fabulous!
Share why your body, your life, your existence is FABULOUS!

LYBW Expo
Tuesday January 27th from 5:30-7pm
UND International Centre
An evening of free food, activities, and information

Meet, Eat and Learn
UND International Centre
Wednesday, January 28, 12pm to 1pm
Join us for a panel discussion on culture and body image and how various cultural movements and experiences shape the way an individual views their body.
Free Lunch Included – All are welcome!

Fabulous Chocolate Fondue
Thursday January 29th 11am-1 pm
Main floor of Union
A day to indulge and learn

Glow in the Dark Zumba
Thursday January 29th, 6:30pm-7:30pm
Memorial Union Ballroom
Dance for an hour and Glow!
Free water bottles at the door

Everyone is welcome to attend events!!!
Body Apology

Individuals often look at their bodies and focus on what they would like to change. They wish their face was thinner, their legs were longer, their bellies flatter. We often forget that our bodies are amazing things that deserve to be loved, taken care of and catered to. After learning about and engaging in self-love, Huffington Post writer Andrea Watcher, offers the following apology to her body.

Dear Body,

-- I am sorry for ignoring your hunger signals for so many years.
-- I am sorry for making you drink disgusting diet shakes and eat tasteless diet foods.
-- I am sorry for stuffing you with excess food and then shaming you when you were only responding to the starvation and self-hate that I was inflicting on you.
-- I am sorry for comparing you to other women I knew nothing about and thinking you were supposed to look like them.
-- I am sorry I thought of you as an object to gain approval and attention, rather than the amazing miracle that you are.
-- I am sorry for hating every freckle, lump and bump on your skin.
-- I am sorry for stuffing you into clothes that felt too tight and hating you when things no longer fit.
-- I am sorry for making you wear high-heeled shoes that felt way too cramped and uncomfortable.
-- I am sorry for criticizing you every time I saw your reflection in a mirror or a window.
-- I am sorry for thinking you could not leave the house without wearing make-up.
-- I am sorry for depriving you of rest when you were tired.
-- I am sorry for pumping you with caffeine instead of listening to your natural rhythms.
-- I am sorry you had to ingest dangerous substances because I wanted to fit in and look cool.
-- I am sorry I made you exercise in ways you didn't even like.
-- I am sorry I put you in situations you did not really want to be in.
-- I am sorry I ignored your wise intuition and said "yes" when you clearly felt "no."
-- I am sorry I stayed silent when you nudged me to speak up, because I feared the disapproval and rejection of others.
-- I am sorry I put countless cigarettes into your lungs because I didn't yet know how to handle stress or pauses in the day.
-- I am sorry I spent so much time criticizing you that I forgot to say thank you and acknowledge your amazing senses, systems, limbs and organs.
-- I am sorry I thought my value as a human being was entirely dependent on you.

http://www.huffingtonpost.com/andrea-watchter/a-body-apology_b_6343456.html

Do You Need Help?

If you have experienced violence, a sexual assault, or harassment of any kind, there are a number of places that can help.

University Police: 701-777-3491
UND Women’s Center: 701-777-4300
Dean of Students: 701-777-2664
UND Counseling Center: 701-777-2127
Equal Employment Opportunity/Affirmative Action: 701-777-4171
The Trevor Project (crisis and suicide for LGBTQ youth): 1-866-4-TREVOR

Community Violence Intervention Center: 701-746-0405
Grand Forks Police Department: 701-787-8000
Altru Emergency Room: 701-780-5280
Suicide Prevention Lifeline: 1-800-273-TALK
"A woman is often measured by the things she cannot control. She is measured by the way her body curves or doesn’t curve, by where she is flat or straight or round. She is measured by 36-24-26 and inches and ages and numbers, by all the outside things that don’t ever add up to who she is on the inside. And so if a woman is to be measured, let her be measured by the things she can control, by who she is and trying to become.

Because every woman should know, measurements are only statistics and **STATISTICS LIE.**”

-Marilyn Monroe
(Used for Nike Advertisement, 1990)

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**January is Stalking Awareness Month!**

Join UND in dialogs and activities related to increasing your awareness on stalking!

**January 19-23, 2015**

Learn more about what stalking looks like in our society, learn how to possibly keep yourself safe and aware and learn the state’s and UND’s policies and laws regarding the issue of stalking!

For more information on stalking check out

www.victimsofcrime.org/our-programs/stalking-resource-center

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The University of North Dakota Alumni Association & Foundation raises and manages funds that support programs and educational opportunities for UND’s students, such as the Women’s Center. To support the Women’s Center, go to www.undalumni.org and designate your donation to “Women’s Center” in the comments.

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**Where to Find Us:**

UND Women’s Center  
305 Hamline Street  
Grand Forks, ND 58203