



STUDENT LIFE EXPERIENCE PROGRAMING

How does this work?

1. To list on your Co-Curricular Transcript and qualify for a Certificate of Participation attend:

Attend events on at least 2 days

2. What is in it for me? What will I learn?

Through the Student Life Experience Programming, Deree students develop transferable skills that will appear on their Co-Curricular Transcript.

"Healthy at Every Size" learning objectives:

- Understand that the pursuit of health is not limited to weight loss, gain or achieving a certain body size or shape. We should be mindful about our weight, and incorporate healthy behaviors regarding nutrition and exercise that will help you maintain better overall health and wellness regardless of size.
- Address unintentional bias and outright stigmatization related to an individual's size and learn how to be an influencer and take a bold stand in your community regarding body shape.
- Address issues that you or a loved one may have: Disordered Eating, Preoccupation with body shape, Self-Judgment, Isolation.
- Learn how to cultivate and strengthen self-compassion, self-kindness, mindfulness, body appreciation, taking care of your body.
- Everyone regardless of their body shape is unique and is worthy of respect and appreciation.
- Remember we are diverse and wonderfully beautiful the way we are and that "One size does not fit all"

We look forward to seeing you there!

Social Media Campaign: Elpida Bograkou, Deree student
Image Concept & Design: Trinidad Gayan Avalos, Deree student

Special thanks to Lydia Alaiadi, Frank Mark Rabena, Barbara Radmann,
Colomba Gayan Avalos, Trinidad Gayan Avalos, Magadilini Zozou

Body Positive Healthy at Every Size

BODY IMAGE AND LOVING WHO WE ARE

March 10-13, 2020



Organized by ACG Health & Wellness Center

Supported by: ACG Counseling Center, Dance Club, Deree Student Association, Fashion Club, Health and Social Awareness Club, History Society, Theatre in the Making Club

Body Positive - Healthy at Every Size is an awareness campaign intended for individuals of all gender identities, races, ethnicities, ages and sizes. It is not limited to disordered eating and preoccupation with body shape, instead addresses unintentional bias as well as outright discrimination and stigmatization related with body shape. The campaign also offers the opportunity for the ACG Community to learn that the pursuit of health is not limited to weight loss or gain or achieving a certain body size or shape. Being mindful of our weight and incorporating healthy behaviors in our lives regarding nutrition and exercise and to how to practice self-compassion, body appreciation and mindfulness regardless of size greatly improves health and wellness, physically and mentally. Our message: We are diverse and wonderfully beautiful the way we are; "One size does not fit all"

SESSIONS

TUESDAY, MARCH 10

Main Corridor

14:10-14:25

Fashion Show: Embrace Yourself

Faculty, staff and students show case their uniqueness in black and white on the catwalk

Production Management, Styling, Hair and Makeup: Fashion Club

Host: Alex Vovidis, Deree student

Catwalk design: Deree Student Association

Photographers: Konstantinos Anargyros Karathanasis and

Anna Maria Dimitropoulou, Deree students

14:40-15:20

Come as You Are

AC Auditorium

A presentation and discussion to challenge the misconceptions surrounding eating disorders. Are eating disorders a choice? Can a healthy lifestyle lead to eating disorders? Does society's narrow definition of beauty lead to body hatred? Learn how self-acceptance plays a pivotal role in learning disorders, recognize the warning signs and how to seek help.

Tinia Apergi, PsyD Clinical Psychologist, Professor of Psychology

ACG School of Graduate and Professional Education

WEDNESDAY, MARCH 11

AC Auditorium

14:30-15:20

Discrimination, Body Shape, Fashion, and Beauty Standards: Does Social Media Play a Role?

Vote and share your opinion.

Moderator: Frank Mark Rabena, Deree student

Fashion Trends and Social Justice

How social media has played a role in setting standards of beauty

Lydia Alaiadi, Deree student

Fashion and Beauty: A Tug of War between Social Construction and Inequality

A presentation aiming to show that fashion and notions of beauty are socially constructed through a process of discrimination.

Gregory Katsas, PhD Associate Professor, Sociology & Director, Student Academic Support Services

THURSDAY, MARCH 12

Student Lounge

14:10-15:20

We Are What We Eat

Let your dietary choices help you inside and out.

Christina- Paulina Lambrinou, MSc, PhDc, Dietitian- Nutritionist, Research Associate, Department of Nutrition and Dietetics, Harokopio University of Athens

Tabouleh XL

Cooking Demonstration and sampling of the popular ethnic dish: Tabouleh

Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, DC '83, ACG H & W Center, ACG

FRIDAY, MARCH 13

Student Lounge

14:30-15:20

Smooth Latin Moves

10 minutes crash course in Latin Dance, Join us!

Michael Newell, Deree student

Dance Club

Movement for All Workshop

Movement is the practice; wellness is the result

Mariangella Danika Zafar, Body conditioning Trainer, PC '93, DC '03

ALL WEEK

KNOW THE FACTS PUBLICATIONS

Don't let Weight Wreck Your Self-Esteem! / BMI vs Body Shape Index (ABSI)

Aggeliki Adam, Nurse, ACG H & W Center, ACG

Disordered Eating

Kelly Vasilopoulou, Nurse, ACG H & W Center, ACG

A Glimpse at Discrimination: Stigmatization of Overweight & Obesity

Maria Kamilioti, Nurse, ACG H & W Center, ACG

Real Beauty vs Media Beauty: Healthy at Every Size

Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, DC '83,

ACG H & W Center, ACG

DISPLAYS

Mannequins Unrealistic Expectations

Health & Social Awareness Club

Everybody for Every Body Mural

Health & Social Awareness Club

Healthy Eating on a Budget

Health & Social Awareness Club

The Inconsistencies of Beauty: Ideal Body Standards through Time

History Society, Theater in the Making Club

FREEBIES

Inspirational Messages: Bookmarks, Postcards, ACG H & W Center

Eating Healthy on a Budget Recipes: *Health & Social Awareness Club*

MUSIC

Perfect the Way I am: Feel Empowered Through Music

Music Selection: Barbara Radmann