



Self-Care Videos
ACG Health & Wellness Center



Tasty & Healthy Recipes
ACG Health & Wellness Center

Vibrant in Every Style Photo Display
Faculty, staff and students show case their uniqueness
Production Management, Styling, Hair and Makeup Instruction: Fashion Club

Attend any two starred events (*) and enter a lottery to win:

- Two nights at COCO-MAT Athens BC, a 5 star city hotel
- One of three sessions from Cocoon Urban Spa, a luxury spa in Halandri

Student Life Experience Programing

How does this work? What will I learn?

To develop transferable skills, list on your Co-Curricular Transcript and qualify for a Certificate of Participation attend at least 4 starred sessions (*)

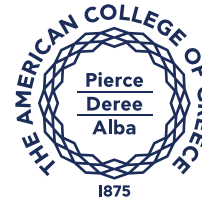
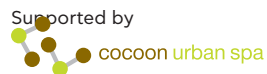
"Vibrant at Every Size" learning objectives:

- 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 to 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.
- Recognize the impact of social media on wellbeing, who is behind our obsession with body image and what we do in the name of beauty.
- Address issues that you or a loved one may have: disordered eating, preoccupation with body shape, self-judgment and isolation.
- Learn how to empower 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.

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We look forward to seeing you there!



Body Positive Vibrant at Every Size

BODY IMAGE AND LOVING WHO WE ARE

March 29-31, 2022



Organized by ACG Health & Wellness Center

Supported by: Arts and Crafts Club, Fashion Club and Diversity and Inclusion Club

Body Positive – Vibrant 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. Our message: We are diverse and wonderfully beautiful the way we are; "One size does not fit all".

TUESDAY, MARCH 29

- 11:00-15:00 **Face Scan with ORIFLAME by Argiro**
With the help of API SCANNER, experts will analyze your face skin and help you recognize its future needs regarding moisture, sebum, pores, melanin, acne, wrinkles and sensitivity. Skin care samples will be given.
Main Corridor
- 14:10-14:30 **Come as You Are***
A presentation and discussion to challenge the misconceptions surrounding healthy body size and eating behaviors. How is health defined and what are the links with our body weight and size? Does society's narrow definition of beauty lead to body hatred and to unrealistic expectations? Learn how self-acceptance plays a pivotal role in disordered eating, recognize the warning signs and when to seek help.
Demi Papalexi, Psychotherapist/ Mental Health Counsellor
Arts Center Auditorium | Center for the Arts
- 14:30-15:10 **Enhanced Body Scan Meditation***
Meditation has the potential to change negative thought patterns and establish a positive body image by cultivating a more compassionate and grateful relationship with ourselves as a whole. Join us to experience how it works in practice!
Sophia Dassyra, MA Mindfulness & Gestalt Counsellor
Arts Gallery (ground floor) | Center for the Arts

WEDNESDAY, MARCH 30

- 14:30-15:00 **Mediterranean Diet: The Ultimate Self-Care Lifestyle***
Get the latest science-based tips and guidance on how to improve your mood and well-being with the Mediterranean diet and lifestyle. Attend and enter to win a signed copy of Elena Paravantes bestselling book *The Mediterranean Diet Cookbook for Beginners*.
Elena Paravantes, RDN Registered Dietitian Nutritionist, Psychologist and Author
Arts Center Auditorium | Center for the Arts
- 15:00-15:30 **Tabouleh XL***
Cooking Demonstration and sampling of the popular ethnic dish: Tabouleh. Original Palestinian recipe will be given.
Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, DC '83, ACG H & W Center, ACG
Arts Gallery (ground floor) | Center for the Arts

THURSDAY, MARCH 31

- 14:10-15:10 **Loving Ourselves* Love Yourself**
Is self-love a new-age fad? Move away from the shape-shifting phantasm of perfection, develop your interpersonal skills and cultivate

self-love and-compassion essential for mental health and well-being.
Kyriaki Metinidou, Associate Lecturer II, HRM Program Coordinator, Management & IB Department
School of Business & Economics, ACG

Self-Compassion

Safeguard yourself from advertising messages that make you feel insecure. Learn to accept yourself for who you are and create positive feelings about yourself.
Vivi Sarantidou, PhD, Assistant Professor, Marketing Department, School of Business & Economics, ACG
Arts Center Auditorium | Center for the Arts

All Week KNOW THE FACTS PUBLICATIONS



Don't let Weight Wreck Your Self-Esteem! / BMI vs Body Shape Index (ABSI)
Aggeliki Adam, Senior Nurse, ACG H & W Center, ACG



50 Shades of Eating Disorders
Sophie Themelis, Executive Coordinator, Wellness, Pilates Instructor, DC '83, ACG H & W Center, ACG



A Glimpse at Discrimination: Stigmatization of Overweight & Obesity
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

Beauty Lies in Diversity Photo Display
Diversity and Inclusion Club

Body Positive Station
Deree Students

Celebrating Diversity Mug Display
ACG Health & Wellness Center and ACG Community

COCO MAT: A Wellness Lifestyle
Wellness starts the night before: Sleep well, live well; wooden bike activities; wellness goodie bags; Zealots of Nature natural beauty gifts

Connect your City and IASIS NGO
Game and visuals on body image

Inspirational Messages: Posters. Bookmarks. Cards
ACG Health & Wellness Center

Mannequins Unrealistic Expectations
Student Assistants, Office of Student Affairs

Reflections & Thoughts Display
ACG Health & Wellness Center and College Community