

Love Your Body Week 2019

ALL WEEK
Feb 18-22

Love Your Body Expressions

Stop by the Rec Center, Library, or Center for Women and Gender Equity

Free Group Ex Yoga

Rec Center, schedule at gvsu.edu/rec/groupex

Grab-n-Go Snacks

Fruits & veggies
12pm - 1pm
Center for Women & Gender Equity

Feb 28-Mar 1
"Unplugged"
Various events
gvsu.edu/rec/unplug

Individuals requesting special accommodations may contact Campus Recreation by phone or email.

FEBRUARY

Mon
18

3pm - 11pm
Outdoor Adventures Open Climb
Climbing Center

Tues
19

12pm - 1pm
Taking Care of the Environment is Good for EveryBODY
Center for Women & Gender Equity Lobby

Wed
20

12pm - 1pm
Cooking Demonstration
Center for Women & Gender Equity Lobby
RSVP required; 616-331-2748

Thurs
21

8pm - 9:15pm
Body Positivity Bash
Holton-Hooker Living Center (HHLC) Multipurpose Room

8pm - 10pm
Group Exercise Dance Party
Rec Center, Courts 4+5

Fri
22

All Day [NIRSA REC DAY]
Free Group Exercise Classes
Rec Center, schedule at gvsu.edu/rec/groupex

Sun
24

2pm - 4pm
Snowshoeing the Ravines with Outdoor Adventures
Meet at Climbing Center

Wed
27

All Day
Eating Disorder Screenings
Kirkhof Center Lobby, 10am-12pm
DeVos Center, 10am-2pm
CHS Downtown, 11am-3pm
Kirkhof Center Lobby, 2pm-6pm
Rec Center Lobby, 2pm-6pm

7pm - 8pm
Body Image Program
Kirkhof Center 2259

GVSU.EDU/REC/LOVEYOURBODY

