March is National Nutrition Awareness Month

It’s time to make informed food choices & develop sound eating and physical activity habits!

Visit eatright.org to find

Information
Resources
Tip Sheets

National Eating Disorder Awareness Week

February 26 - March 4

Visit nedawareness.org to find

Information
Resources
Screenings

Counseling Services Events

Eating Disorder Q&A
Wednesday, March 15th
12:30 - 1:30 PM | UC 208
http://evite.me/73p5RjbbW4

Presented by:
Marian McGavran
MSW, LCSW, BACS,
Program Director
Eating Disorders Treatment Center
River Oaks Hospital

Healthy Happy Hour
Tuesday, March 21st
12:45 - 1:45 PM | UC Patio
http://evite.me/n2UycMfQcu

30 Minute Hip Hop class
with April Dupré
Founder of Footprints to Fitness

Healthy Food & Snacks
provided by UNO Campus Dining

Body Fat Tests
provided by UNO’s RIS

30M Americans will struggle with an eating disorder.