

# National Nutrition Awareness Month

# & National Eating Disorder Awareness Week

with Counseling Services

March is National Nutrition Awareness Month

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

Visit [eatright.org](http://eatright.org) to find



Information



Resources



Tip Sheets

## National Eating Disorder Awareness Week

# 30M

Americans will struggle with an eating disorder.

February 26 - March 4

Visit [nedawareness.org](http://nedawareness.org) to find



Information



Resources



Screenings

## Counseling Services Events

### Eating Disorder Q&A

Wednesday, March 15<sup>th</sup>  
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 21<sup>st</sup>  
12:45 - 1:45 PM | UC Patio  
<http://evite.me/n2UycMfOcu>

**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