

Love Your Body Week

Talk Back Wall

10/20-10/24 • 8:00am-5:00pm
North and South Malls, Webb Center

An opportunity to "talk back" to popular media images that promote impossible beauty standards and tell us our bodies are not good enough. Read what others have written and write your own reactions to the advertisements on display.

Body Positive

10/21 • 12:30-1:30pm
James River Room, Webb Center

We're constantly bombarded with messages that our bodies are not good enough and we internalize them to the point of developing a negative relationship with our bodies. Learn 20 ways to love your body and how to stop the negative self-talk.

Love Your Voice

10/22 • 3:00-4:00pm
Cape Charles Room, Webb Center

As a consumer, your voice is a very powerful tool that can be used to change the messages advertisers use to sell products. Find out how to use that voice to influence advertisers to stop using negative marketing messages about women.

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**OLD DOMINION
UNIVERSITY**

IDEA FUSION

Co-Sponsored by Student Recreation Center, Health Promotion, and Counseling Services.

EveryBody is Beautiful Photo Shoot

10/23 • 11:00-2:00pm
North Mall, Webb Center

Every body is valuable and worthy of respect, no matter its size, shape, age, color or ability. Stop by for a self-esteem boost by participating in our photo shoot for all bodies, Yay! Scale, and Operation Beautiful. Pick up information about positive vs negative body image, how to be a critical viewer of the media, resources for healthy habits and help with disordered eating.

Change Your World, Not Your Body Featuring "The Militant Baker"

10/23 • 7:00pm
North Cafeteria, Webb Center

Body image advocate Jes Baker will explore the historical evolution behind our current idyllic body type and what we can do individually to reframe the way we perceive ourselves and others. Come ready to challenge the notion that beauty is exclusive in this powerful, passionate and progressive presentation.
Co-sponsored with Student Activities Council (SAC)

Body Love Zumba

10/24 • 12:15-1:15pm
Hampton/Newport News Room, Webb Center

Join us for a Zumba party to celebrate our bodies. No judgment or negative self-talk will be allowed, just fun and radical self-love.

#LoveYourSelfie

Take the **#LoveYourSelfie** photo challenge on Instagram & Twitter. Tag @oduwomenscenter to share your body positive pictures.

