

Fat Talk

F R E E W E E K

friends don't let friends fat talk

October 19-23

National Fat Talk Free Week Activities at Illinois State University:

Monday 10.19 through Wednesday 10.21

Sign a banner, enjoy free apples, view the Fat talk Free video, receive stickers and ribbons, and get information from Tri-Deltas, UPB, Campus Dining, Recreation Services, and Student Counseling Services from 11 am to 1 pm outside the UPB Center.

Thursday 10.22

Mirror, Mirror, on the Wall T.A.L.K. discussion panel on beauty and culture at 12 pm in SSB 375 from Diversity Advocacy and Student Counseling Services.

Trash your fat talk with a free Thriller fitness class at the Rec from 8 to 9 pm. Courtesy of Recreation Services and Student Counseling Services.

Friday 10.23

Trash your fat talk with a free Thriller fitness class at the Rec from 5 to 6 pm. Courtesy of Recreation Services and Student Counseling Services.