

# Feel Fabulous in February 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <b>Feel Fabulous in February</b> is brought to you by the UHS Health Promotion Office.	2 <b>Table: Feel Fabulous Kick-Off</b> 11:30-1:30 pm, Wilson Commons, 1 <sup>st</sup> Floor	3 <b>Film: The Truth about Suicide</b> 6:00-7:00 pm Friel Lounge, Susan B. Anthony Hall	4 <b>Table: Brighten Up Your Day</b> 12:00-4:00 pm Wilson Commons, Starbucks	5 <b>Heart Healthy Dinner</b> 6:00-8:00 pm The Meliora	6 <b>Heart Healthy Lunch</b> 11:30-2:00 Danforth Dining Center  <b>Hatha Yoga Class</b> 2:30-3:45 Goergen (MAC)	7
8 Look for event announcements in the Weekly Buzz, on the UHS web site, in the Campus Times, and flyers posted on campus.	9 <b>Table: Buy a Wear Red Day T-Shirt</b> 11:30-1:30 pm Wilson Commons	10 <b>Table: Buy a Wear Red Day T-Shirt</b> 11:30-1:30 pm Wilson Commons  <b>Free HIV Testing *</b> 4:00-6:00 pm, UHS 220 (pre-registration)	11 <b>UR Wear Red Day</b>  <b>Wilson Commons Wednesday Lunch</b> 11:30-1:30 pm, Wilson Commons, Hirst Lounge  <b>Program: Communicating in Relationships</b> 7:30-8:30 pm, Wilson Commons, Havens	12 <b>Table: Bee Your Own Valentine</b> 12:00-3:00 pm Wilson Commons 1 <sup>st</sup> Floor	13 <b>Keeping a Healthy ** Back</b> (For employees) 12:00-1:00 pm UHS, Room 220 (pre-registration)  <b>Meditation Workshop</b> 3:15-4:15 pm UHS, Room 220	14  <b>Happy Valentine's Day</b>
15 Thank you to our many co-sponsors for making this month of events possible.	16 <i>Day Without Mirrors</i>	17 <b>Program: A Cracked Mirror: Media and Other Influences on Body Image</b> 7:00-8:00 pm Hoyt Auditorium	18 <b>Learn to Cook Class *</b> 2:00-4:00 pm Danforth Dining Center (pre-registration)  <b>Learn to Dance with Radiance</b> 9-10:00 pm Goergen, MAC Room	19 <b>Safe Zone Training</b> 6:00-7:00 pm UHS, Room 220	20	21 <b>Fitness &amp; Nutrition Health Fair</b> 11:00-1:00, Goergen, MAC Room  <b>Learn to Use the Fitness Center *</b> 8-9:00 pm, Goergen (pre-registration)
22 <b>National Eating Disorders Awareness Week</b>  <b>February 22-28</b>	23 <b>Healthy Habits &amp; Dinner at the Mel</b> 7:00-8:30 pm The Meliora	24 <b>Dance Dance Revolution Challenge</b> Wilson Commons	25 <b>Wake Up in Wilson</b> 8:30-10:30 am, Wilson Commons, Hirst Lounge  <b>Program: Eating Disorders: Myths, Facts, Stories, &amp; Solutions!</b> 7:00-8:00 pm Hoyt Auditorium	26 <b>Eating Disorders Screening &amp; Resources</b> 11:30-2:30 pm, Wilson Commons, 1 <sup>st</sup> floor  <b>Film: Beauty Mark</b> 8:00 pm, Hoyt Auditorium	27 <b>Performance: Vagina Monologues</b> 8:00 pm Wilson Commons, May Room	28 <b>Thank you</b> to all of the groups and individuals who participated in Feel Fabulous in February 2009!

## PRE-REGISTRATION INSTRUCTIONS:

\* For programs requiring pre-registration (See Feb. 10, 18, and 21): Pre-register by e-mailing [agleichman@uhs.rochester.edu](mailto:agleichman@uhs.rochester.edu) or calling 273-5775.

\*\* *Keeping a Healthy Back* (Feb. 13) is for UR employees only. To pre-register, go to the Well -U web site at <http://www.rochester.edu/working/hr/wellness/index.html>.