



Love Your Body, Love Yourself Monday, October 17th

Creative Body & Soul Art Sessions

11am-noon, MUB Room 203

AND

2-3 pm, Health Services Conference Room

Join in this soulful workshop where you will have the opportunity to create art about living in your body and nourishing your soul.

Session led by Peter Welch, artist & Wellness Educator/Counselor, UNH Health Services.

Eating Mindfully Yoga Class

Noon-1pm, Health Services Conference Room

Class led by Julie Kratz, Yoga Instructor at the Mind, Body Sol Center in Exeter.

Mindfully Eating Meditation

1-2 pm, Health Services Conference Room

Meditation led by Kathleen Grace-Bishop, Director of Education and Promotion at UNH Health Services.

KEYNOTE SPEAKER

An Evening with Dr. Susan Albers

Author of *Eating Mindfully*

7 pm, Granite State Room, MUB

Dr. Albers will discuss *Eating Mindfully*, a way to develop a nonjudgmental awareness and acceptance of your self, weight and eating habits. Presentation followed by book sale & signing.

*Make a contribution to the Beautiful Wall in Holloway Commons,
Whittemore Center Lobby and MUB between 11 am-2 pm*

All events are FREE and open to the UNH Community

Sponsored by the Office of Health Education & Promotion, UNH Health Services
862.3823 or www.unh.edu/health-services

