

Love Your Body Month Calendar

Feb 8

Mindful Eating

Collab: Elon Dining

Location: Lakeside Dining Hall

Time: 11am - 1pm

Feb 22

**Love Your Body
Fuel Your Body
Healthy Hydration**

Collab: Elon Dining

Location: McEwen Dining Hall

Time: 11:30am - 1:30pm

Feb 13

**Love and Lotus:
Valentine's Day Flow**

Collab: Group X

Location: Jordan Gym

Time: 7pm

Feb 25

Ladies Lifting

Collab: RecWell Fitness Programs

Location: Koury Gym

Time: 7pm

Feb 15

**Love Your Body
Love the Earth**

Collab: Office of Sustainability

Location: Irazu

Time: 9:45-11pm

Feb 26

**Loving Your Body:
A Sexual Citizenship
Workshop**

Collab: GLC

Location: Belk 102

Time: 7-8pm

Feb 15

Pilates Pair Up

Collab: Group X

Location: Jordan Gym

Time: 7pm

Feb 28

LYBM Zines

Collab: Belk Library

Location: Belk Library

Time: 7pm

Feb 21

**Finding Food
Freedom With
Leslie Williams, RD**

Location: Lakeside 213

Time: 7pm

