



**ESTRELLA MOUNTAIN
COMMUNITY COLLEGE**

Love Your Body Week

(With Balance)

**MONDAY 22
OCTOBER
THROUGH FRIDAY
OCTOBER 26**

ALL WEEK

Student Display
CEREMONIAL PLAZA

MONDAY 22

Film Series
Killing Us Softly / Recovering Bodies / Private Dicks: Men Exposed / Breasts
8AM-NOON CENTER FOR TEACHING & LEARNING

TUESDAY 23

Manly Men, Girl Men & Real Men
"Declassifying Men's Lack of Self-Esteem" presented by Jason Martinez, EMCC Counseling Faculty
8:30-9:45AM CENTER FOR TEACHING & LEARNING

Obesity
"The Perception of Our Own Reality" presented by Dr. Danielle Gilliam, Medical Liaison, Trainer, Educator
10-11:15AM CENTER FOR TEACHING & LEARNING

No Boobs...No Problem!
Presented by Tania Katan, Playwright, Comedic Performer
11:30AM-12:45PM CENTER FOR TEACHING & LEARNING

WEDNESDAY 24

L.Y.B. Outdoor Event
Music, Organizational Tables, Student Clubs, Speakers, Employee Arts and Crafts (New Life Center Fundraiser)
8AM-1PM CEREMONIAL PLAZA

Cultural Representations of Women, Self Image & Eating Disorders
Presented by Erin Matsou, Action Vice President of the National Organization for Women, Washington D.C.
8-8:50AM & 10-10:50AM CEREMONIAL PLAZA
5:45-7PM PLAZA GALLERY

How to Really Love Your Body
"Evidenced Based Practical Tips to Achieve Optimum Health and Physique...Just for You!" presented by Lyle Bartelt, EMCC Fitness & Wellness Manager
NOON-1PM PLAZA GALLERY

*Active
Imaginative
Fabulous*

*Valuable
Beautiful
Creative
Confident*

*Generous
Important*

THURSDAY 25

Cultural Representations of Women, Self Image & Eating Disorders
Presented by Erin Matsou, Action Vice President of the National Organization for Women, Washington D.C.
8:30-9:45AM, 10-11:15AM & 11:30AM-12:45PM CENTER FOR TEACHING & LEARNING

The Cultural Influences of Body Image on Self Esteem
Presented by Dr. Tanisha Johnson-Maxwell, EMCC Counseling Faculty
1-2:15PM CENTER FOR TEACHING & LEARNING

FRIDAY 26

Film Series
The Codes of Gender Identity and Performance in Pop Culture
Let's Face It: Women Exploring Their Aging Faces / Real Women Have Curves
8AM-NOON CENTER FOR TEACHING & LEARNING

Warning! These events contain adult content. THESE EVENTS ARE SPONSORED BY BEHAVIORAL SCIENCES AND CULTURAL STUDIES, ARTS AND COMPOSITION, AND THE EMCC TITLE V GRANT. IMAGE COURTESY OF WWW.NOWFOUNDATION.ORG

