



# Body Respect Week

## UPTOWN

My body deserves to be fed

My body deserves to be treated with dignity

My body deserves to be dressed in the manner I am accustomed to

My body deserves to be touched affectionately and with respect

My body deserves to move comfortably

### NOVEMBER 7 MON

**Latin Hits Cycle for Body Respect Week with Manuela**  
7 am | Reily Center - Cycle Studio  
*Campus Rec*

**Body Respect Week Kick-Off**  
11:30-1 pm | McAlister  
*Well for Health Promotion*

**Cycle45 for Body Respect with Caton**  
5:30 pm | Reily Center - Cycle Studio  
*Campus Rec*

**Black Queer Collective & Body Respect Week**  
5:30 pm | Richardson 115  
*Black Queer Collective*

**Dat Dance Crew Open Dance Class**  
7:30 pm | Reily Center - Lakeside Studio  
*Dat Dance Crew*

### NOVEMBER 8 TUE

**Body Respect Barre with Claire**  
12 pm | Reily Center - Diboll Mind/Body Studio  
*Campus Rec*

**Fat Out Loud**  
1:30-2:30 pm | 1834 Lounge  
*Campus Health*

**Live Well Hut**  
3-5 pm | McAlister Walkway  
*TUPHE*

**All Bodies Are Good Bodies**  
3:30-4:30 pm | Sharp Hall  
*Housing & Residence Life*

**Yoga & Guided Meditation: Body Respect Focus with Brooke**  
4:30 pm | Reily Center - Diboll Mind/Body Studio  
*Campus Rec*

### NOVEMBER 9 WED

**Restorative Yoga for Body Respect with Brooke**  
8-9 am | Reily Center - Diboll Mind/Body Studio  
*Campus Rec*

**Whose body is this? Understanding yourself after a new diagnosis**  
2-3 pm | LBC 203 - Stibbs Goldman & Counseling Center

**Pilates for Body Respect with Liza**  
4:15-5 pm | Reily Center - Diboll Mind/Body Studio  
*Campus Rec*

**Body Respect ConfIDANCE Party**  
5:30-7 pm | Reily Center - Riverside Studio  
*Campus Rec*

### NOVEMBER 10 THU

**Dating and Relating/Supporting Friends & Unhealthy Relationships**  
10am-12pm | McAlister Title IX & SAPHE

**Body Respect Pilates with Claire**  
12 pm | Reily Center - Diboll Mind/Body Studio  
*Campus Rec*

**Embodied Sexuality**  
12:30-1:30 pm | Center for Academic Equity  
*Campus Health & CAE*

**Body Respect Week Fitness Assessment & Orientation**  
4-6 pm | Reily Center - Atrium  
*Campus Rec*

**Body Respect Zumba with Mark**  
6:30 pm | Reily Center - Lakeside Studio  
*Campus Rec*

**Sex After Dark w/ Dynamo Toys**  
7-8:30 pm | Rathskeller  
*TUPHEs & Well for Health Promotion*

### NOVEMBER 11 FRI

**Cycle60 for Body Respect with Michele**  
6-7 am | Reily Center - Cycle Studio  
*Campus Rec*

**TU Dining Farmers Market**  
10am-12 pm | Corner of Freret & McAlister  
*TU Dining*

**Joyful Movement through Roller Skating**  
10am-12 pm | McAlister Walkway  
*TU Roller Skating Club*

**Project Heal: Body Respect Week**  
12-2 pm | McAlister Walkway  
*Project Heal*

**Live Well Hut**  
3-5 pm | McAlister Walkway  
*TUPHE*