

# Inner Peace Outer Beauty

**Y O G A**  
THURSDAYS in March  
With Jeanne McElwain  
2, 9, 16 and 30  
145 Plaza Room  
5:30-6:30 PM

**Knitting  
Workshop**  
With Denise Harris  
Monday, March 6  
Gameroom  
8-10 PM

Please donate:  
**Blood Drive**  
Wednesday, March 8  
MPR  
11 AM-8 PM

**JILLIAN  
MICHAELS**  
-TV's Toughest Fitness Guru-  
Wednesday, March 8  
Student Center Theater  
8 PM

**Painting  
Workshop**  
"Media & the Body"  
Wednesday, March 15  
Gameroom  
7-10PM

**Michael  
Molin-Skelton**  
Dancing on the Body  
"A movement Liberation of Body,  
Mind and Spirit"  
Wednesday, March 22  
Calkins 139  
8-10:30 PM

**Breast Health  
Education**  
The Maurer Foundation  
Monday, March 27th  
Library, 246 BDC  
Time 8 PM

**Women's  
Clothing Drive**  
Drop off Business Attire &  
Accessories  
FOR KATRINA SURVIVORS  
Wednesday's in March  
Student Atrium and/or  
260 Student Center  
9AM-5PM

## Women's Awareness Month

*Supported by The Office of Residential Life, The Dean of Students Office  
Office of Student Activities, Hillel, Hofstra Concerts, Hofstra Recreation,  
Department of Drama and Dance, Font, The Community & Phi Epsilon*



*Jillian Michaels*

**ABOUT JILLIAN MICHEALS**

Sky Sport and Spa co-owner Jillian Michaels is best known as the strength trainer and life coach for the Red Team on NBC's hit series [The Biggest Loser](#). The competitive weight-loss reality TV show was seen by nearly 15 million viewers every week, according to *Entertainment Weekly's* polls. As a motivator and role model, Jillian showed a unique connection with her audience that stems from her own personal journey for wellness.

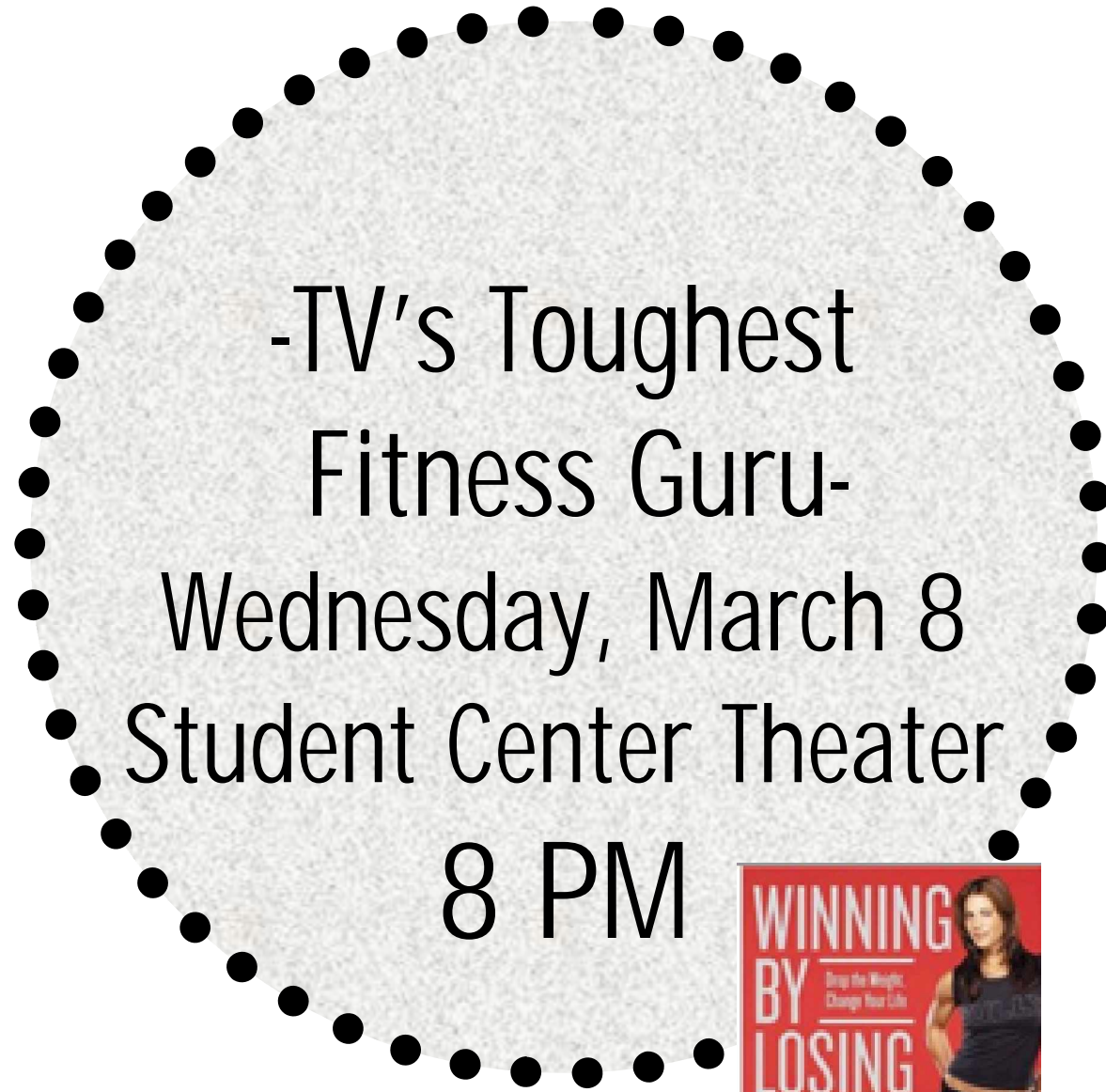
Jillian shares her team's losing secret in her debut fitness book, [Winning By Losing: Drop the Weight, Change Your Life](#), published by Harper Collins Press. The book presents Jillian's scientifically sound, refreshingly sensible and personalized way of approaching weight loss and maintenance.

Jillian's boundless energy and devotion to helping others enables her to be a life coach to those she trains. By imparting the Sky Sport and Spa philosophy to her clients, stressing the integration of fitness, nutrition, and behavioral changes, Jillian empowers each one to define and reach personal goals, both physical and physiological.

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