

GET INVOLVED TO MAKE A CHANGE!

PARTICIPATE IN A DOVE REAL BEAUTY WORKSHOP.

Every day, we are bombarded by hundreds-if not thousands-of airbrushed images of beauty. These images have the power to affect how we see our bodies and ourselves.

How can we encourage young girls and women everywhere to embrace a more positive image of themselves, both inside and outside? You can start by participating in this upcoming Dove Real Beauty Workshop for Girls.

The Dove Real Beauty Workshop for Girls are fun, educational and interactive sessions for young girls ages 8 -12 and their adult female mentors: mothers, relatives, friends-anyone interested in starting a dialogue on beauty and self-image with a member of the next generation.

By attending the workshop, you will learn how society creates “ideal” images of beauty and how to engage young girls in a healthy dialogue about self esteem.

Date: _____

Time and Place: _____

RSVP: _____

About your facilitator:

Suzanne Rubinetti, LCSW, Psychotherapist, is an Eating Disorder and Body Image Specialist. She is co-founder of the Woodland Psychotherapy group in Summit, NJ. In addition to her practice, Suzanne teaches continuing education courses on Eating disorders and lectures to various audiences about Body image and prevention of eating disorders. Visit www.heal-thyeating.com for additional information.