



Did you know that girls as young as 7 feel they are fat and want to diet and 30 to 40% of 6 to 12 year olds have dieted?

80% of children are afraid of being fat

*...If Barbie were real she would be 6 ft tall and weigh 100 lbs.*

## **Raising Children to be Emotionally Healthy Eaters WEBINAR**

**We have an abundance of information in this culture on how to eat healthy yet the incidence of disordered eating continues to grow.**

My name is Suzanne Rubinetti, LCSW, and I am a therapist in private practice. My area of expertise is disordered eating and body image. I have been working with women of all ages for 30 years - helping them develop a healthy relationship with food and their bodies.

**Join me for an informative educational webinar: Raising Children to be Emotionally Healthy Eaters. This webinar will help parents understand what is involved in raising children to have an emotionally healthy relationship with food. For example — not use food for comfort. I will present some case material as well as offer techniques and tools to use in your household to promote healthy emotionally eating.**

**THURSDAY JANUARY 4, 8-9 PM**

**SIGN UP NOW!**



**Space is limited so register early.**

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