



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 FEBRUARY 15, 8-9 PM

SIGN UP NOW!



Space is limited so register early.

www.heal-thyeating.com "Out of difficulties grow miracles." Jean de la Bruyere (Poet)