



# Body Esteem Project

## BENDIGO

Locally supported by:



### Body Confident Children & Teens for Parents & Community Members FREE (BOOKINGS REQUIRED)

Join the Butterfly Foundation for a relaxed and informative seminar for parents of primary and secondary age children to give knowledge, information and tips to help you better understand and promote positive body image in the home.

#### Topics covered include:

- Background on body image and the importance of prevention
- Brief overview of eating and body related issues and warning signs
- Key influences on body confidence, including social media
- Importance of role modeling positive body image and healthy behaviours
- Reducing appearance based talk and handling 'stuff' they say
- Awareness around behaviours that increase or decrease body satisfaction
- Referral and support information
- *Please note, this session does not cover dealing with fussy eaters*

Date: **Tuesday, 28<sup>th</sup> August 2018**

Time: **7 - 8.30pm**

Venue: **YO Bendigo, 45 Mundy Street**

Register: [HERE](#)

The Butterfly Foundation is Australia's largest charity supporting those affected by eating disorders and negative body image. We are bringing our unique whole community program to young people, parents & professionals in Bendigo between the 28<sup>th</sup> – 30<sup>th</sup> August.

Butterfly acknowledges the support of:

