



7 THINGS PARENTS CAN DO TO RAISE KIDS WITH HEALTHY BODY ESTEEM

WEDNESDAY, MARCH 14, 2018 | 6:30PM - 8:00PM
GLENCOE CENTRAL SCHOOL IN YOUNG AUDITORIUM
620 GREENWOOD AVENUE, GLENCOE 60022

We live in an appearance-obsessed culture. Adolescents consistently list their **body image** as the # 1 concern in their lives. We know the distraction of time wasted worrying about our bodies being **thin enough** or **buff enough**.

As parents, we'd rather they focus on what matters more.

The session explores tried-and-true methods of how you can help your daughters and sons with how they **think and feel** about their bodies. This talk dovetails the body image curriculum in Central School's 7th and 8th grade health classes.

Speaker **Denise Hamburger** is a **Licensed Body Image Facilitator**. She loves working with parents and children on developing healthy body esteem. Her blog MyBodyMySelf.com is an in-depth discussion of body image and eating issues.



 mybodymyself

