

HEALTHY BODY IMAGE / EATING DISORDERS

Eating disorders are complex conditions that signal difficulties with identity, self-concept and self-esteem.—Canadian Mental Health Association

Eating disorders come in all shapes, sizes and fitness levels. They do not discriminate against gender, culture, racial or socio-economic factors. In adolescents, 20 percent of eating disorders occur in boys.



This presentation by Michelle Mason, a mental health nurse with Supportive Housing in Peel, will help teens and their parents learn:

- how to foster a healthy body image
- myths and truths about eating disorders
- signs that someone may have an eating disorder
- resources and support

Tuesday, April 29, 2014
7:00 to 9:00 p.m.

**Location: 655 Riddell Road,
Orangeville (DCAFS)**

***This is a scent-free environment**

Cost: \$10.00 / Adult
Teens are admitted FREE.

Registration is required.

Contact:

519-940-8678 or
info@dpsn.ca

