



OVERNEWTON
ANGLICAN COMMUNITY COLLEGE

presents

Thea O'Connor
How can parents promote healthy body image and healthy weight in their children?

On the one hand body image campaigns teach us to accept our bodies and love them as they are, while some health campaigns and TV shows such as The Biggest Loser tell us that weight loss will make us healthy and happy. It can be difficult navigating these (often) fear mongering and contradictory messages. What we are rarely told is that the risk factors for the development of both eating disorders and obesity are similar.

This presentation will equip parents with a vital understanding of how to promote healthy weight and healthy eating without exacerbating fat phobia & disordered eating.

Thea O'Connor is an experienced health promotion consultant, with over 20 years experience in the health sector, ranging from her current work as a health journalist, wellbeing coach and speaker, to her former work as a clinical and community dietitian, QUIT smoking facilitator, masseuse, Director of Body Image and Health Inc (a Victorian not for profit organisation committed to the prevention of body image and eating problems) and Partner of Corporeal~workplace wellbeing.



When: Monday 7 November 2016
Time: 7:00pm
Where: Multi Purpose Hall, Taylors Lakes Campus

To register, please email parented@overnewton.vic.edu.au stating the first name and surname of each attendee, your child's name and class, and home telephone number for Overnewton families by **Friday 4 November 2016**. Non Overnewton families are also welcome.

Attendance will contribute hours towards the Family Involvement Program