Monday 7 May - “Body Image”

Level 3 Ku-ring-gai Council Chambers (818 Pacific Hwy) 6.30 to 8.30 pm

Entry - $5.00 donation

Many parents report feeling confused about how to foster health when it comes to their kids. On one hand body image campaigns teach us to accept our bodies and love them as they are, on the other, anti-obesity messages teach us that weight loss is a desirable goal. Everyday the media bombards us with a variety of nutritional advice - sugars are ‘toxic’, carbs are 'in' one minute then 'out' the next, gluten is 'bad.' 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. And while the media continues to pit eating disorders against obesity, research shows unhealthy eating practices are becoming the norm amongst teens. This presentation will equip parents with a vital understanding of how to promote health without harming their children in the process.

**LYDIA JADE TURNER**

*Lydia Jade Turner is the Managing Director of BodyMatters Australasia*

Lydia has previously worked as the School Programmes Director and Consultant to The Eating Disorders Foundation (NSW). Her broad experience in the field of eating pathology has included designing and delivering training programmes to health professionals; presenting in schools, tertiary institutions, hospitals and community organisations; and providing counselling services.

As an opinion writer her work has been published in a variety of mainstream media and has been re-published by internationally acclaimed eating disorders specialist Dr Rick Kausman, journalist and Chairperson for the National Advisory Group on Body Image Mia Freedman, author and social commentator Melinda Tankard Reist, The Centre for Eating and Dieting Disorders (CEDD) and the National Association to the Advance Fat Acceptance (NAAFA).

**SARAH McMATHON**

*Sarah McMahon is the joint Managing Director of BodyMatters Australasia.*

Sarah has spent almost 10 years counselling people affected by disordered eating behaviours and facilitating eating disorder support groups in a range of settings, including corporations, public hospitals, non-government organisations and private practices. Sarah was previously employed by The Eating Disorders Foundation and The Butterfly Foundation. In these roles she counselled people affected by eating disorders; provided training and supervision of leaders of eating disorder recovery group; and coordinated a rural project that was undertaken through the eating disorder units at Westmead Hospital and The Children’s Hospital at Westmead. Sarah loves presenting on disordered eating and has spoken publicly about the issue in an array of settings, including professional conferences, large community events, universities (Sydney University and Auckland University- CCE) and schools.