

# Building positive body image & identifying risk factors



Two online sessions that focus on the risk factors of developing an eating disorder, warning signs and how to promote a healthy relationship with food and positive body image for our children and youth.

Marina Payne is an eating disorder dietitian at Eat Love Live and will walk you through next steps when warning signs of an eating disorder are being observed, how to be a positive role model when it comes to food and body and supporting your child, young client or patient through eating disorder recovery.

One session will be specifically for youth workers, clinicians and others working with young people and the other for families.

## FREE online event - BOOKINGS ESSENTIAL

### WORKERS SESSION

Tuesday 16th Nov 9.30-11.30am

[bodyimageworkersession.eventbrite.com.au](https://bodyimageworkersession.eventbrite.com.au)

### FAMILIES SESSION

Wednesday 17th Nov 6.30-7.30pm

[bodyimagefamilysession.eventbrite.com.au](https://bodyimagefamilysession.eventbrite.com.au)

For more information contact Jess Sayers  
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