

Through Thick and Thin:

Exploring Body Image and Eating Disorders

Sunday March 26 3:00 p.m.

Temple Isaiah (55 Lincoln Street, Lexington)

- Reflect on personal and cultural relationships with food and body, including body image—how a person perceives his or her physical self and the resulting thoughts and feelings, positive, negative, or both
- Understand the different types of eating disorders—serious, life-threatening illnesses that impact millions of people of all ages and genders
- Increase your awareness of the signs and symptoms of these complex and pervasive diseases

Whether you've encountered eating disorders in your own life, or are concerned about helping your children develop positive body image, you will gain a lot from this program!

Opening Teaching: Rabbi Jill Perlman

Keynote speaker: Jodi Galin, Ph.D., licensed psychologist with psychotherapy practice in Lexington who has specialized in treating people with eating disorders for twenty years



Talking about her battle with an eating disorder: Jamie Goldberg, junior at the University of Vermont; her photojournalism project Making Contact portrays the stories of men and women with eating disorders



Speaking from the perspective of a parent helping her child through this crisis: Leslie Goldberg, communications consultant and business writing coach; teaching in the Film and Media Studies program at Tufts University



Sharing her failures and successes with an eating disorder realized at age 37: Karen Funkenstein, retired teacher of biology and middle school science; former administrative assistant at Temple Isaiah's school office



Moderator: Cynthia Piltch, Ph.D., health educator and chair of the Temple Isaiah Mental Health Team

Sponsored by the Temple Isaiah Mental Health Initiative