

The PHHS PFA Parent Academy Presents: *Body Image Issues: Helping People to Love Themselves, Inside and Out*

February 8, 2023 @7pm

Pascack Hills High School Media Center

Establishing healthy attitudes and habits in today's society can be challenging, especially with the influence of social media.

Please join Nancy Graham, LCSW and Randy Mintz, RD from The Renfrew Center in Paramus who will talk about body image and eating disorders including nutrition strategies and healing a person's relationship with food. Some of the topics will include myths surrounding eating disorders, the influence of the media, signs and symptoms, how to get help, what to expect in treatment, preventive tips for parents and how you can be supportive to your child, loved one or yourself.

Space is Limited Please RSVP Here:

<https://forms.gle/vd3uYBS1hzhfmlc5Z7>

